From the makers of woman&home

NEW

# AIR FRYER
## FAMILY MEALS

90+ TASTY RECIPES & IDEAS

## EASIER & HEALTHIER COOKING

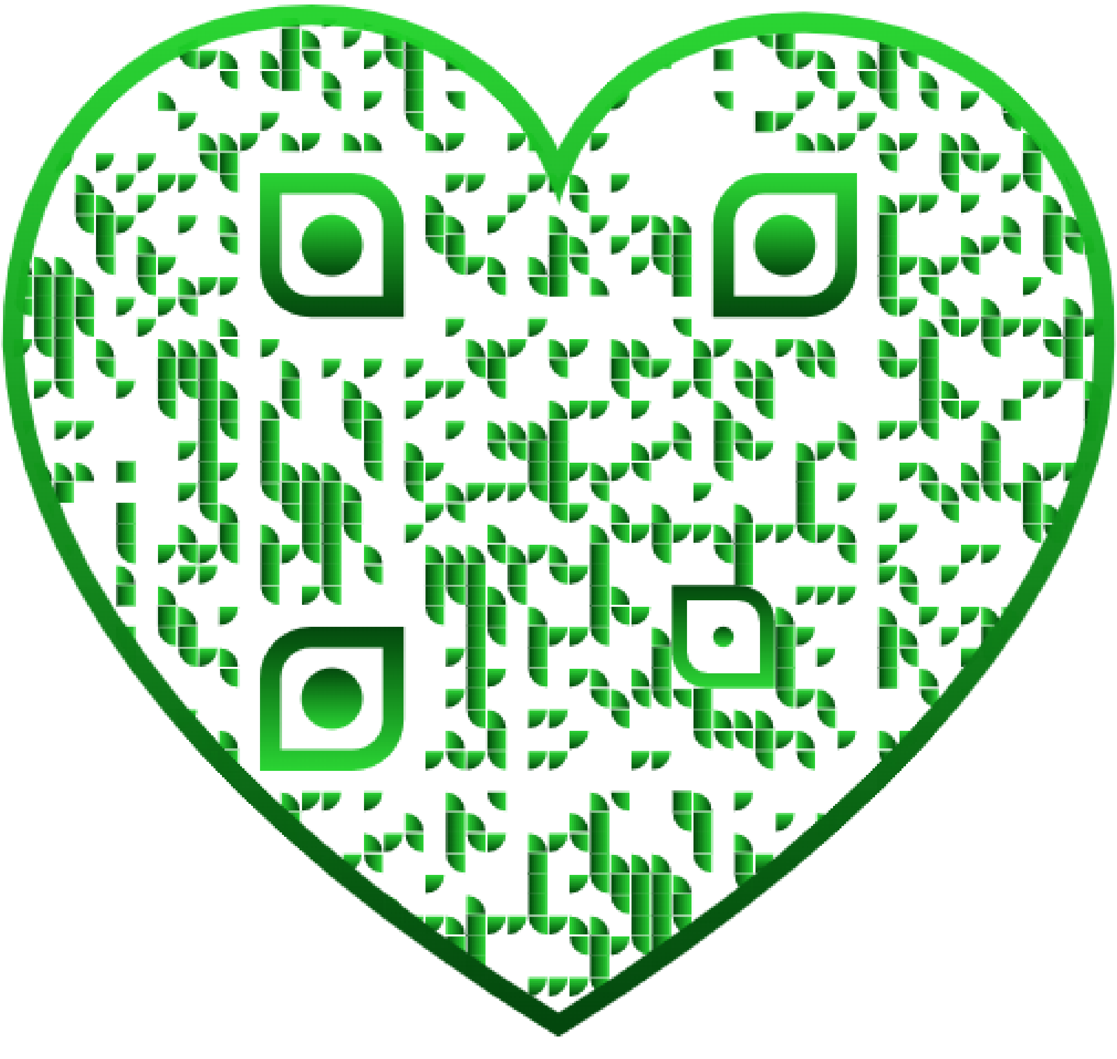
- Breakfasts for everyone
- Moreish mid-week meals
- Weekend sharers
- Delicious sweet treats

Digital Edition

FUTURE

FIFTH EDITION

- No-fuss comfort food
- Veggie-packed dishes
- Classics with a twist
- Throw-together dinners



Fat Removal technology
180 °C
2 min

## *Welcome to*

# AIR FRYER

## FAMILY MEALS

Air fryers are the kitchen gadget of the moment and it seems everyone is talking about them. Not just for chips and chicken wings, they are more versatile than you may realise. You can roast a whole chicken, bake cookies and cupcakes, make tarts and pies and a whole lot more. Essentially, an air fryer is a mini convection oven rather than a fryer, with a powerful fan which cooks food faster than a conventional oven. This makes it energy-efficient as well as versatile. There's a huge choice of air fryers out there, and they aren't expensive to buy.

As well as being great for cooking from scratch, they are a speedy re-heat tool, too. A microwave can do the job, but you won't get a crisp slice of pizza or quiche. If you're thinking of buying an air fryer, look for one with a capacity of around six litres (12.5 pints), which will be large enough for a joint of meat or a chicken. You will need space on your kitchen work top which is large enough to fit the air fryer and with space on either side and behind, so the fan functions correctly. Due to the size of the drawer, not all your baking dishes and cake tins will fit, so you may need to invest in some smaller ones. Most air fryers will fit a 20cm (8in) round dish or cake tin or an 18cm (7in) square, but do measure beforehand, bearing in mind that some may have small handles on the side which will make them slightly bigger.

With all that in mind, we've compiled this collection of family-friendly recipes for every occasion, whether you're looking for brunch ideas, new snacks, light lunches, family roasts and midweek meals. Our Something Sweet section will inspire you to get baking in your air fryer, too. We've included tips and tricks to get the most out of your air fryer, and some common mistakes, too, and how to avoid them.

You'll be an expert in no time!

# CONTENTS

6 MAKE THE MOST OUT OF YOUR AIR FRYER

## BREAKFAST

11 CAULIFLOWER & FETA HASH BROWNS WITH SMOKY BAKED BEANS
11 SMOKED SALMON WITH PEA & DILL FRITTERS
12 VEGGIE SHARING BRUNCH BOARD
14 CINNAMON FRENCH TOAST
15 SPICED HONEY-BAKED FRUITS WITH YOGHURT & BREAKFAST CRUMBLE
16 BAKED EGGS WITH GRUYÈRE CURD EGGS & SPINACH, SERVED WITH HERB BUTTER SOLDIERS
17 STRAWBERRY & LEMON THYME SCONES
19 CINNAMON APPLE CHELSEA BUNS
20 CHORIZO BENEDICT WITH HOMEMADE ENGLISH MUFFINS
21 CHOCOLATE & HAZELNUT GRANOLA
22 BLT SALAD
23 SMOKED SALMON & COURGETTE SLICE
24 SALT BEEF BAGELS
26 TOMATO & FETA SCRAMBLED EGGS
27 CHERRY & ALMOND OAT BARS
29 CINNAMON CRUFFINS

## LIGHTER BITES

32 PRAWN & BLACK BEAN BURRITO BOWLS
35 SPICY VEGGIE TACOS
35 SPANISH-STYLE HOT DOGS WITH SAFFRON MAYONNAISE
36 AUBERGINES WITH TAHINI & FATTOUSH SALAD
37 WINTER BRUSCHETTA
38 ULTIMATE TOASTIE
40 TUNA & KIMCHI SWEET POTATO JACKETS
41 GREEK-INSPIRED BEAN BURGERS
42 SWORDFISH, LEMON & BAY LEAF SKEWERS
43 CHEESE & PICKLE PASTIES
44 PRAWN & MANGO WITH CORIANDER DRESSING
46 LEANER HOT DOGS
47 MALT VINEGAR POTATOES WITH TARTAR SAUCE
48 SPICED BUTTERNUT SOUP WITH CRISPY CHICKPEAS
49 STICKY CHICKEN DRUMSTICKS
51 GOAT'S CHEESE TARTLETS
52 APPLE TOASTS WITH RICOTTA, WARM APPLE COMPOTE & CRISPY SAGE
53 CHORIZO & ASPARAGUS TARTLETS

## MAINS

56 CAJUN SALMON COBB
58 CHICKEN SCHNITZEL WITH GARLIC HERB BUTTER
59 HAKE WITH CELERIAC ROASTIES & CRISPY KALE
60 CHICKEN, LEEK & MUSHROOM POT PIES
61 STEAK & TOMATO SALAD WITH BASIL OIL DRESSING
63 HEALTHIER SAUSAGE & MASH
64 QUICK FISH & CHIPS
65 LAMB SKEWERS WITH SAFFRON RICE & RED CABBAGE

67 FETA, ALMOND & SWEET POTATO SALAD
67 HERBY PORK STEAK
68 FALAFEL BALLS WITH COURGETTE RIBBONS
70 STICKY CHICKEN WITH COURGETTE KEBABS
71 TURKEY MEATBALLS WITH BROCCOLI COUSCOUS
72 LIGHTER CHICKEN MILANESE
73 THAI BEEF & NOODLES
75 ROAST CHICKEN CAESAR
76 STICKY HALLOUMI, WATERMELON & FREEKEH
77 THE HALF & HALF BURGER
79 MARINATED CHICKEN BREAST WITH CABBAGE SLAW

# SIDES

82 CORN RIBS
83 GARLICKY STUFFED MUSHROOMS
85 CHARRED BROCCOLI & CHICKPEA SALAD
85 CHICKPEA, BROCCOLI & ROCKET SALAD WITH CRISPY BACON
86 PICCALILLI SALAD
87 ROASTED FENNEL & CARROTS
88 ROAST BABY POTATOES WITH ONION, BALSAMIC & PARMESAN
89 CHARRED VEGETABLES WITH BAGNA CÀUDA
90 AUBERGINE & SQUASH CAPONATA
92 ROASTED RADISHES WITH SPRING ONIONS
93 CREAMY LEEK & BROCCOLI GRATIN
95 DUCK FAT CHIPS WITH THYME & OREGANO SALT
95 RED RICE & ROOTS
96 ULTIMATE GARLIC BREAD
97 SOURDOUGH SALAD WITH PEPPERS & TOMATOES
99 WARM HUMMUS & SPICED GRILLED VEGGIES
101 CHARRED CABBAGE WITH ALMONDS, POMEGRANATE & TAHINI
101 EASY CHEESY POTATOES
102 ROASTED VEGETABLES SICILIAN-STYLE
103 ROASTED CRUNCHY TOMATOES
104 ROAST CAULIFLOWER WITH HARISSA CRUMB
105 SQUASH & GOAT'S CHEESE SALAD
106 MAC 'N' VEG BAKE
107 ROASTED PUMPKIN WITH A WALNUT, ORANGE & PARSLEY DRESSING

# SOMETHING SWEET

110 COFFEE & PISTACHIO SANDWICH
113 RHUBARB & CUSTARD CREAMS
113 LEMON & RHUBARB POSSET
114 BLACKENED BANANAS WITH ICE CREAM & COCONUT TOFFEE SAUCE
115 ALMOND MACAROONS
116 JAMMY COCONUT SPONGE
117 WARM PEACHES, LABNEH & BERRY GRANITA
118 BEST BLUEBERRY CRUMBLE MUFFINS
119 MALTESER SHORTBREAD
121 LEMON RICOTTA CHEESECAKE
122 GUILT-FREE CHOCOLATE SOUFFLÉ
123 FRUIT GALETTE
124 DOUBLE CHOCOLATE SALTED PECAN SQUARES
125 RASPBERRY THUMBPRINT COOKIES
126 HAZELNUT SANDWICH COOKIES
127 LEMON & LIME DRIZZLE CAKE
129 MARS BAR COOKIES
129 PISTACHIO & LEMON BARS

# MAKE THE MOST OUT OF YOUR AIR FRYER

*An air fryer is easy to use, but do you know how to unlock its potential and avoid common mistakes? We've compiled an essential guide*

## 1 OVER-CROWDING

This is the most common and easiest mistake to make – overfilling the basket. It may be tempting to cram in as much food as possible, but your food won't cook evenly, it may create steam so your roast veggies aren't crisp and appetising, but more on the soggy side. Cook food in a single layer, and generally, depending on the recipe, give the basket a shake now and then.

## 2 USE LINERS

There are perforated silicone and baking paper liners on the market. They help to prevent food sticking to the basket, and are especially useful if the food is a little wet from a marinade. They also save on cleaning time. Where you shouldn't use a liner is for cooking fries, breaded goods or pastry, as they do interrupt the flow of air.

## 3 DO USE THE CORRECT SETTING

Most air fryers have around six settings – roast, reheat, cooking frozen foods, dehydrating, baking and, of course, homemade fries. The manufacturer has done the hard work for you in setting the correct temperature, so use the right one for the best result.

## 4 SOAK HOMEMADE CHIPS & FRIES FIRST

There is no doubt that an air fryer makes the best chips ever, without having to deep fry. Soaking the cut potatoes first in very cold water for 15 minutes (you can put the bowl in the fridge) draws out the starch, which makes the chips crisp on the outside, fluffy in the middle. Just ensure you dry them thoroughly with a tea towel before tossing them in oil and sea salt.

## 5 AVOID LIGHTWEIGHT FOODS

Ultra-lightweight foods, such as popcorn or spinach, will jump around in the basket due to the power of the fan. They may stick to the heating coil, which could cause a hazard, so leave these foods to the hob or microwave.

## 6 COOKING BREADED & CRUMBED FOOD

To achieve a gloriously crisp, golden crumb, remember to spray with oil before air frying. The air fryer should be hot, at least 180°C/350°F.

## 7 COOKING THE PERFECT ROAST

We'd recommend investing in a meat thermometer, if your air fryer doesn't come with one. This will prevent any over or under-cooking of meat and poultry.

## 8 CLEANING

Before you've even used your new air fryer, give it a good clean with hot, soapy water, then run it empty for 10 minutes a few times, just as you'd do with a conventional oven. This gets rid of that 'factory' smell, which can be a bit plasticky. Then always remember to wash it after every use, or bits of food, oil or crumbs will build up and cause unpleasant smells, or even smoke.

## 9 REMEMBER TO FLIP

This particularly applies to breaded foods, such as fish fingers, fish cakes, kebabs and cuts of meat, such as steak. It's the heat from the coil or element which does the browning, so a flip halfway through will ensure even browning.

## 10 DON'T NEGLECT FROZEN VEGETABLES

Whereas some fresh vegetables, such as broccoli, can easily dry out in an air fryer, frozen works a treat. Just spray the basket with oil, then add your frozen veg in a single layer. Use the frozen foods setting.

© Getty Images

# BREAKFAST

11

**CAULIFLOWER & FETA HASH BROWNS with SMOKY BAKED BEANS**

•

11

**SMOKED SALMON with PEA & DILL FRITTERS**

•

12

**VEGGIE SHARING BRUNCH BOARD**

•

14

**CINNAMON FRENCH TOAST**

•

15

**SPICED HONEY-BAKED FRUITS with YOGHURT & BREAKFAST CRUMBLE**

•

16

**BAKED EGGS with GRUYÈRE CURD EGGS & SPINACH, SERVED with HERB BUTTER SOLDIERS**

17
STRAWBERRY & LEMON THYME SCONES

•

19
CINNAMON APPLE CHELSEA BUNS

•

20
CHORIZO BENEDICT
WITH HOMEMADE ENGLISH MUFFINS

•

21
CHOCOLATE & HAZELNUT GRANOLA

•

22
BLT SALAD

•

23
SMOKED SALMON & COURGETTE SLICE

•

24
SALT BEEF BAGELS

•

26
TOMATO & FETA SCRAMBLED EGGS

•

27
CHERRY & ALMOND OAT BARS

•

29
CINNAMON CRUFFINS

# CAULIFLOWER & FETA HASH BROWNS WITH SMOKY BAKED BEANS

*A different, and very tasty, take on hash browns with a simple home made baked beans recipe*

**SERVES** 4
**READY IN** 40 minutes

- **1 tbsp** olive oil
- **1** onion, finely sliced
- **1** garlic clove, crushed
- **1** tsp smoked paprika
- **400g** (14oz) tin butter beans, drained
- **400g** (14oz) tin cannellini beans, drained
- **500g** (1lb ¾oz) passata
- **1 tbsp** Worcestershire sauce
- **1** vegetable stock cube
- ½ tsp caster sugar (optional)

**FOR THE HASH BROWNS**

- ½ cauliflower, (about 250g/9oz)
- **100g** (3½oz) feta, crumbled into small pieces
- **2 tbsp** capers, roughly chopped
- Small bunch dill, finely chopped
- **1** large egg
- **75g** (2½oz) gram (chickpea) flour
- Olive oil spray

**1** In a medium saucepan, heat the oil over a medium heat. Add the onion and some seasoning and cook for 10 mins until translucent. Add the garlic and paprika and cook for a further 2 mins.

**2** Stir in both beans, the passata, Worcestershire sauce, stock cube, sugar (if using) and 100ml (3½fl oz) water. Simmer for 25 mins on a medium heat, stirring occasionally until thickened.

**3** Meanwhile, whiz the cauliflower in a food processor to crumbs. In a large mixing bowl, combine all of the hash brown ingredients, season well then shape into 12 golf-ball-sized balls, flattening slightly to make a disc roughly 1.5cm (¾in) thick.

**4** Heat the air fryer to 180°C/350°F. You'll need to cook the hash browns in two batches, but you can quickly reheat the first batch when the beans are ready. Spray with oil, then bake on a parchment or silicone liner for 8 mins, then flip, spray again and cook for a further 8 mins. Serve with the beans on the side.

# SMOKED SALMON WITH PEA & DILL FRITTERS

*The batter for the fritters needs to rest for a good hour so that the oats absorb the liquid, otherwise it will be too wet for an air fryer. You could even make it the day before serving*

**SERVES** 4
**READY IN** 20 minutes, plus resting

- **3** eggs
- **3 tbsp** whole milk
- **100g** (3½oz) oats
- **1 tsp** baking powder
- **1 tbsp** chopped dill, plus extra to serve
- **3** spring onions, washed, trimmed and cut into chunks
- **200g** (7oz) frozen petits pois
- Small knob unsalted butter, melted
- **200g** (7oz) smoked salmon
- Tzatziki dip and lemon, to serve

**1** In a food processor, blitz the eggs, milk, oats, baking powder and dill with ¼ tsp sea salt and a grind of pepper. Once the mix is smooth, add the spring onions and blitz again.

**2** Put the petits pois in a bowl and pour over boiling water to thaw them. Drain, add to the mixture and blitz again. Leave to rest until the batter has thickened, around an hour.

**3** Heat the air fryer to 200°C/400°F. Brush the fritters with the melted butter and bake on parchment or a silicone liner for 4 mins, then flip and cook for a further 3 mins. The mixture should make 8 fritters, so you'll probably need to cook them in two batches, depending on the size of your air fryer.

**4** Top with smoked salmon and tzatziki, dill and a squeeze of lemon.

# VEGGIE SHARING BRUNCH BOARD

*All the best bits of a veggie fry-up, served sharing style. You can quickly re-heat the potatoes in the air fryer once everything else is ready, or keep the potatoes and tomatoes warm in the main oven*

**SERVES** 4
**READY IN** 45 minutes

- **2** baking potatoes (around 450g/1lb), peeled and cubed
- Olive oil spray
- **400g** (14oz) cherry tomatoes
- **200g** (7oz) feta
- **250g** (9oz) spinach
- **1** garlic clove, crushed
- Toast, to serve

### FOR THE SPICED SCRAMBLED EGGS

- Knob of butter
- **1** green pepper, finely chopped
- **2** spring onions, finely chopped
- **1** large tomato, deseeded and finely chopped
- **4** eggs, lightly beaten
- **1** tbsp flat-leaf parsley, finely chopped
- Pinch of mild chilli flakes

**1** Heat the air fryer to 190°C/375°F. Spray the potatoes with oil and season liberally. Spray the air fryer basket, too, to prevent sticking. Roast for 15 mins, shaking occasionally. Set aside.
**2** Season and spray the cherry tomatoes with oil. Roast for 5 mins. Set aside.
**3** Spray the feta with a little oil, wrap it in foil and bake for 20 mins, folding back the foil after 10 mins.
**4** Steam the spinach for 2 mins, until wilted. Stir through the garlic.
**5** For the eggs, melt the butter in a pan big enough to take all the ingredients and gently fry the pepper and spring onions for 2 mins, stirring. Add the chopped tomato and cook gently for 5 mins. Pour in the eggs. Stir gently and, as they start to scramble, add the parsley and chilli.
**6** Assemble everything on a sharing board and let everyone help themselves.

# CINNAMON FRENCH TOAST

*Crisp eggy bread with no frying required!*

**SERVES** 4
**READY IN** 20 minutes

- **2** large eggs
- **350ml** (12fl oz) milk
- **8** slices bread (we used Milk Roll for circular slices)

### FOR THE CINNAMON SUGAR

- **1 tbsp** caster sugar
- **1 tsp** ground cinnamon

### FOR THE PECAN CRUNCH

- **15g** (½oz) butter
- **60g** (2oz) caster sugar
- **60g** (2oz) pecans, roughly chopped

### TO SERVE

- Mascarpone or cream

**1** To make the cinnamon sugar combine both ingredients and mix well.
**2** For the pecan crunch, melt the butter and sugar in a small pan until a caramel forms, making sure it doesn't burn. Tip in the pecans, toss through and pour onto a sheet of baking paper to cool. Chop roughly. Heat the air fryer to 200°C/400°F.
**3** Beat the eggs and milk together and pour into a large dish. Dip the bread one slice at a time into the egg mix and air fry for 3 mins on one side, then flip and cook for a further 2 mins or until golden brown.
**4** Serve in a stack, sprinkled with cinnamon sugar and pecan crunch. Add mascarpone or cream.

# SPICED HONEY-BAKED FRUITS WITH YOGHURT & BREAKFAST CRUMBLE

*Dessert disguised as breakfast? Sounds like the perfect weekend indulgence and made in no time in the air fryer*

**SERVES** 4
**READY IN** 30 minutes

- **1kg** (2¼lb) mixed fruit (we used 2 pears, 8 plums and 4 nectarines)
- **4 tbsp** honey, plus extra to serve
- **1 tsp** vanilla bean paste
- **3** star anise
- **1** cinnamon stick
- **½ tsp** nutmeg
- Zest of **1** orange, plus **1 tbsp** juice
- Yoghurt, to serve

**FOR THE CRUMBLE**
- **2 tbsp** flaked almonds
- **75g** (2½oz) oats
- **2 tbsp** flour
- **2 tbsp** honey
- **30g** (1oz) butter, melted

**1** Cut the fruit into wedges. Heat the air fryer to 180°C/350°F. For the crumble topping, mix all the ingredients together, spread out in a shallow dish (silicone dishes are great for this and are totally non-stick). Bake for 10 mins, giving it a stir halfway through.
**2** Mix together the remaining ingredients, apart from the yoghurt, and arrange on another dish. Bake in the air fryer for around 10 mins, until just soft and heated through. Serve with the crumble and a dollop of yoghurt, drizzled with more honey.

# BAKED EGGS WITH GRUYÈRE, CURD CHEESE & SPINACH,

## SERVED WITH HERB BUTTER SOLDIERS

*Bake these indulgent eggs in ovenproof dishes for an easy brunch dish*

**SERVES** 4
**READY IN** 25 minutes, plus chilling

- **100g** (3½oz) salted butter, softened, plus extra for greasing
- **2 tbsp** chopped soft herbs, such as chives, tarragon, parsley and basil
- **200g** (7oz) baby spinach leaves
- **150g** (5oz) mild curd cheese or ricotta, drained
- **200ml** (7fl oz) double cream
- A good grating of fresh nutmeg
- **4** eggs
- **30g** (1oz) Gruyère cheese, shaved into strips using a vegetable peeler
- **½** small sourdough loaf, sliced into soldiers

**1** To make the herb butter, put the butter in a mixing bowl and beat in the herbs and a good grinding of black pepper using a wooden spoon. Formed into a cylinder and wrapped in cling film, this will keep in the fridge for 2 weeks or the freezer for 3 months (chill and slice before freezing for easy portioning).

**2** Lightly butter the insides of 4 large ovenproof cups or small bowls. Put the spinach in a colander in the sink and slowly pour over a kettleful of boiling water to wilt the leaves. Alternatively, if the spinach is in a bag, microwave it for a few minutes until wilted. Drain well, refresh under cool water and squeeze in a clean tea towel to dry thoroughly.

**3** Mix together the spinach leaves, curd cheese, cream, nutmeg and 4tsp of herb butter. Divide between the bowls and season well with salt and freshly ground black pepper. Crack an egg into each serving, then scatter over half the Gruyère, pressing it into the mixture so the fan doesn't blow it off. Heat the air fryer to 170°C/325°F.

**4** Bake for 10 mins for a runny yolk, 13 mins for set. Scatter with the remaining Gruyère. Meanwhile, grill the bread soldiers until golden and spread with the remaining herb butter. Serve the toast hot, to dip into the eggs.

**COOK'S · TIP ·**
To save time, buy garlic and herb butter.

# STRAWBERRY & LEMON THYME SCONES

*Work the scones as gently as possible, otherwise they become tough. A light hand is required*

**MAKES** Around 12
**READY IN** 15 minutes

- **250g** (9oz) self-raising flour
- **½ tsp** baking powder
- **50g** (1¾oz) butter, cubed and chilled
- **2 tbsp** caster sugar, plus extra for sprinkling
- **150ml** (5fl oz) milk
- Heaped tsp freeze-dried strawberries or **75g** (2½oz) freshly chopped strawberries
- Few sprigs lemon thyme, leaves picked
- **1** egg, beaten
- Strawberry jam and cream, to serve

**1** Rub together the flour, baking powder and butter until you have a breadcrumb-like consistency.

**2** Add the sugar, milk, strawberries and thyme leaves, and roughly stir with the blade of a knife until the mixture just comes together. Heat the air fryer to 180°C/350°F.

**3** Tip the dough onto a lightly floured work surface and roll out to 2.5cm (1in) thickness. Using a 6cm ( 2½in) cutter, cut out shapes and arrange on a board. Brush the tops with the beaten egg and sprinkle with a little sugar. Air fry for 10 mins until golden, flipping them halfway through. Allow to cool on a wire rack. Serve with a generous helping of jam and cream.

**COOK'S · TIP ·**

**The dough is quite soft and a tad sticky, but don't be tempted to add extra flour, as it will make the buns tough.**

# CINNAMON APPLE CHELSEA BUNS

*Fresh baked, lightly spiced buns make a perfect weekend treat*

**MAKES** 9
**READY IN** 1 hour, plus rising and overnight proving

- **250ml** (8fl oz) whole milk
- **50g** (1¾oz) unsalted butter
- **75g** (2½oz) caster sugar
- **2** medium eggs
- **550g** (1lb 3½oz) strong bread flour
- **7g** (1½ tsp) sachet instant action yeast
- Finely grated zest **1** lemon
- **1 tsp** salt

## FOR THE FILLING

- **100g** (3½oz) unsalted butter
- **5** eating apples, skin on, cored and cut into 1cm (½in) chunks
- **100g** (3½oz) light brown sugar
- **1 tbsp** ground cinnamon, plus extra, for dusting (optional)
- **2 tsp** vanilla bean paste

## FOR THE ICING

- **60g** (2½oz) unsalted butter, softened
- **175g** (6oz) full fat cream cheese (ideally Philadelphia), at room temperature
- **100g** (3½oz) icing sugar, sifted
- **1 tsp** vanilla bean paste

## YOU WILL NEED

- **20-23cm** (8-9in) square baking tin, lined with baking paper

**1** For the dough, heat the milk in a small saucepan until steaming. Remove from the heat and add the butter and sugar. Mix until the butter melts and the sugar dissolves. Put the warm milk in the bowl of a stand mixer fitted with the dough hook. Whisk in the eggs, then add the flour, yeast, lemon zest and salt.

**2** Mix on a low speed for a few mins until the dough comes together, then increase to medium and knead for 10-15 mins until smooth and springy. Shape into a ball and put in a large oiled bowl. Cover and set aside in a warm place for 2 hrs until doubled in size.

**3** For the filling, melt the butter in a wide saucepan over medium-low heat. Add the apples, sugar, cinnamon, vanilla and a pinch of salt. Cook for 15-20 mins until the apples soften and any liquid has reduced to a thick sauce. Set the mixture aside to cool.

**4** Once risen, roll out the dough on a lightly floured surface to a rectangle about 40x25cm (10x15in). Spread the cooled apple mixture over the dough and roll up tightly, pinching the seam to seal. Cut into 9 equal pieces and arrange in a prepared baking tin. Wrap with cling film and chill overnight.

**5** Remove the buns from the fridge 1 hr before baking. Heat the air fryer to 160°C/300°F. Bake for 20 mins until golden, then cover with foil and bake for a further 20 mins. Cool for 30-40 mins in the tin.

**6** For the icing, beat together the butter, cream cheese, icing sugar and vanilla until smooth. Spread the warm buns with the icing, and serve, dusted with a little extra cinnamon if liked.

# CHORIZO BENEDICT WITH HOMEMADE ENGLISH MUFFINS

*Eggs Benedict just got a spicy Spanish makeover! Also try our easy recipe for delicious English muffins*

**SERVES** 4
**READY IN** 1 hour, plus rising

**FOR THE MUFFINS**
- **450g** (1lb) plain flour, plus extra to dust
- **3 tsp** mustard powder
- **300ml** (½pint) warm milk
- **1** sachet easy-blend dried yeast
- **1 tsp** caster sugar
- **50g** (1¾oz) butter, melted
- **3 tbsp** polenta
- Olive oil spray

**FOR THE CHORIZO BENEDICT**
- **200g** (7oz) cooking chorizo
- **8** eggs
- Ready-made hollandaise sauce
- Pinch of paprika, to serve

**YOU WILL NEED**
- **9cm** (3½in) cutter

**1** For the muffins, mix the flour, mustard powder and 1 tsp salt in a bowl. In another bowl, mix the milk, yeast and sugar. Stir, then leave for a few mins until foamy.
**2** Stir the yeast mix into the flour, then gradually add the melted butter. Combine, then knead until elastic – around 10 mins. Put the dough in a lightly oiled bowl, cover with cling film and leave until doubled in size.
**3** Flour a surface and sprinkle over half the polenta. Roll the dough out to a thickness of 1cm (½in). Use a cutter to cut out rounds for around 12 muffins.
**4** Sprinkle a baking tray with polenta, add the rounds and sprinkle over the rest of the polenta. Cover with oiled cling film and leave until doubled in size.
**5** Heat the air fryer to 190°C/375°F. Spray the muffins with oil (you may need to bake them in two batches), spray the basket also, then bake for 6 mins. Flip, spray again and bake for a further 2-3 mins, until golden. Set aside.
**6** For the chorizo Benedict, air fry the chorizo for 5 mins, shaking halfway through, until it crisps. Poach 8 eggs, slice 4 muffins in half and toast. Put 2 pieces on each plate, and top with sliced chorizo, 1 egg and hollandaise sauce. Sprinkle with paprika and serve.

# CHOCOLATE & HAZELNUT GRANOLA

*You'll need to bake this delicious granola in two batches, but as it keeps for a few weeks, it's worth the effort*

**SERVES** 6
**READY IN** 20 minutes

- **200g** (7oz) rolled oats
- **100g** (3½oz) blanched hazelnuts, roughly chopped
- **3 tbsp** cocoa powder
- **2 tbsp** mixed seeds (chia, sunflower, pumpkin and so on)
- **2 tbsp** flaxseeds
- **2 tsp** ground cinnamon
- **5 tbsp** maple syrup
- **50g** (1¾oz) coconut oil, melted
- **1 tsp** vanilla extract
- **1** egg white
- **50g** (1¾oz) coconut flakes
- **3 tbsp** freeze-dried strawberries, lightly crushed (optional)
- **2 tbsp** cocoa nibs (optional)

**1** In a large bowl, mix the oats, chopped hazelnuts, cocoa powder, seeds, cinnamon and a pinch of salt.

**2** In a jug, whisk together the maple syrup, coconut oil and vanilla extract. Add to the dry ingredients, thoroughly mixing until well combined. Heat the air fryer to 180°C/350°F.

**3** Spread the mixture in an even layer in a shallow silicone dish or baking dish (base-lined with parchment paper) and bake for 5 mins.

**4** Toss in the coconut flakes and bake for another 5 mins until crisp and golden. Give it a shake half way through. Leave to cool.

**5** Break the granola into small clusters, and add the strawberries and cocoa nibs, if using. Store in an airtight container for 2-3 weeks.

# BLT SALAD

*Everyone's favourite sandwich becomes a tasty salad with a sweet and sharp dressing*

**SERVES** 4
**READY IN** 20 minutes

- **10** rashers unsmoked streaky bacon
- **2** bake-at-home baguettes, defrosted for 15 mins
- **250g** (9oz) cherry tomatoes
- **2** Little Gem lettuces
- **75g** (2½oz) feta cheese, thinly sliced
- **5** chives, chopped

**FOR THE DRESSING**

- **100g** (3½oz) mayonnaise
- **1 tbsp** maple syrup
- **2 tbsp** balsamic vinegar
- **½** garlic clove, crushed
- **5** sun-dried tomatoes, chopped, plus oil from their jar, for brushing

**1** Heat the air fryer to 180°C/350°F. Air fry the bacon for 3 mins, then flip and cook for a further 3 mins or until crisp.
**2** Heat the grill. Cut each baguette into 4 lengthways to make 8 long sticks of bread. Lay these alongside each other on an oven tray with the cherry tomatoes. Brush with the oil from the jar of sun-dried tomatoes and grill for 3 mins on each side.
**3** Meanwhile, mix the dressing ingredients together. Add a little water to loosen if needed. Season to taste. Toss with the lettuce leaves and arrange on a platter with the bacon, feta, tomatoes, toasted bread and chopped chives.

# SMOKED SALMON & COURGETTE SLICE

*Salmon makes a tasty addition to this protein-packed breakfast option, but if you're not a fan, try it with ham or sun-dried tomatoes instead*

**SERVES** 6
**READY IN** 35 minutes

- **200g** (7oz) ricotta
- **6** medium eggs, lightly beaten
- **2 tbsp** finely grated Parmesan
- Small bunch dill, finely chopped
- Small bunch basil, finely chopped
- Grated zest and juice **1** lemon
- **3** medium courgettes, 1½ coarsely grated, the remainder thinly sliced
- **4** spring onions, thinly sliced
- **100g** (3½oz) self-raising flour
- **150g** (5oz) hot smoked salmon, flaked

**YOU WILL NEED**

- **20cm** (8in) square cake tin, greased, base and sides lined with baking paper

**1** In a large bowl, whisk together half of the ricotta with the eggs, Parmesan, most of the dill and basil, and the lemon zest until combined. Mix in the grated courgettes and the spring onions, followed by the flour. Season well with black pepper and a pinch of salt.

**2** Pour the mix into the prepared tin and dot over the flaked salmon, remaining ricotta and half of the sliced courgettes. Heat the air fryer to 150°C/275°F. Make a 'sling' of folded foil twice as long as the tin. Use this to lower the tin into the air fryer, so as not to burn your hands and to keep it level.

**3** Bake for 20-25 mins, or until puffed and golden and the middle feels set. Cool in the tin.

**4** Mix the remaining sliced courgettes and herbs with the lemon juice, a splash of oil and a pinch of salt. Serve the slice warm or at room temperature, topped with the courgette mixture.

# SALT BEEF BAGELS

*This classic grilled cheese sandwich, known as a Reuben, hails from the States. Think burgers, but better. If you don't fancy making your own salt beef, buy slices of pastrami instead – the bagels will still taste great!*

**SERVES** 6
**READY IN** 3 hours, plus overnight brining

- **400g** (14oz) coarse sea salt, plus ½ tbsp
- **150g** (5oz) brown sugar
- **1.25kg** (2lb 13oz) piece beef brisket
- **1** carrot, roughly chopped
- **1** leek, roughly chopped
- **1** onion, roughly chopped
- **2** celery sticks, roughly chopped
- **1** bay leaf
- **4** garlic cloves, halved
- **6** seeded bagels, halved and toasted
- **225g** (8oz) sauerkraut
- **200g** (7oz) Emmental cheese, sliced

## FOR THE SAUCE

- **3 tbsp** mayonnaise
- **2 tbsp** tomato ketchup
- **3** drops Worcestershire sauce
- **½ tsp** Dijon mustard
- **1** shallot, finely chopped
- **1** gherkin, finely diced, plus extra, sliced, for garnish

**1** Put the salt and sugar in a large pan with 2l (3½pt) cold water. Bring to the boil, stirring to dissolve the salt and sugar. Take off the heat, add 500ml (16fl oz) cold water; set aside to cool.

**2** Unroll the brisket and poke with the tip of a sharp knife all over. Put in a deep baking dish, pour over the salt solution, then cover, weighing down to submerge, and chill for at least 24 hrs.

**3** Remove the brisket from the brine, rinse, then roll up and tie with string.

**4** Put the carrot, leek, onion and celery in a large pan with a lid, with the bay, garlic and ½ tbsp sea salt. Add the brisket and cover with cold water. Bring up to a boil then reduce the heat and simmer gently, covered, for 2–3 hrs, until the meat is extremely tender. Once cooked, leave to cool in the brine, then slice or pull apart.

**5** Mix together the sauce ingredients. Heat the air fryer to 180°C/350°F. Toast the bagels in the air fryer for 1–2 mins per side. Divide the sauerkraut, beef and cheese between the toasted bagel bottoms. As soon as the air fryer switches off, put the filled bagels in to melt the cheese. If the fan is still running, it will blow the cheese off!

**6** Once the cheese has melted, spoon over some sauce and extra gherkins, add the bagel tops and serve warm.

# TOMATO & FETA SCRAMBLED EGGS

*Scrambled eggs just went upmarket, with a Mediterranean twist*

**SERVES** 4
**READY IN** 20 minutes

- **300g** (10oz) cherry tomatoes
- **2 tbsp** olive oil
- **1 tbsp** balsamic vinegar
- **1 tbsp** dried oregano
- **1** red onion, sliced
- **2** garlic cloves, sliced
- **9** eggs, beaten
- **100g** (3½oz) feta cheese, crumbled
- **1 tbsp** dukkah, or sesame seeds
- Zest ½ lemon
- Handful dill fronds, chopped, to garnish
- **2 tsp** harissa
- **3 tbsp** strained Greek yoghurt

**1** Heat the air fryer to 190°C/375°F. Put the cherry tomatoes into an ovenproof dish with 1 tbsp oil, the balsamic vinegar and oregano. Season with sea salt. Air fry for 5-8 mins until softening and starting to burst.
**2** Put the remaining oil in a large frying pan over a medium heat. Add the onion and cook for 10 mins until softening. Add the garlic and cook for 2 mins more.
**3** Season the eggs, then pour into the frying pan and stir continuously until you get creamy, glossy eggs that are just scrambling. Remove from the heat and stir in the tomatoes.
**4** Serve sprinkled with feta, dukkah, lemon zest and dill. Mix the harissa with the yoghurt and serve on the side. Griddle flatbreads to go with it, if you like.

# CHERRY & ALMOND OAT BARS

*Our oat bars are packed with nuts and seeds to give you a tasty energy boost for an on-the-go breakfast*

**MAKES** 12
**READY IN** 45 minutes

- **400g** (14oz) frozen cherries
- **200g** (7oz) butter
- **100g** (3½oz) agave syrup
- **100g** (3½oz) honey
- **100g** (3½oz) almond butter
- **300g** (10oz) oats
- **50g** (1¾oz) flaked almonds
- **50g** (1¾oz) each sunflower and pumpkin seeds)

**YOU WILL NEED**

- **20x20cm** (8x8in) tray, lined with baking paper

**1** Put the cherries into a medium-sized saucepan. Cook over a medium heat for 10 mins until the fruit has softened, then drain the excess liquid away. Return to the pan, mash and cook on a high heat for 5 mins, stirring continuously, until most of the liquid has been absorbed. Set aside.

**2** In another medium saucepan, melt the butter, agave syrup, honey and almond butter together until smooth.

**3** Meanwhile, in a large mixing bowl, mix the oats, flaked almonds, and sunflower and pumpkin seeds. Add the butter mixture and mix to combine.

**4** Spoon half of the oat mixture into the lined tray, pushing firmly into the tin with the back of a spoon. Spread over the cherry mixture, then top with the remaining oats and smooth the top. Heat the air fryer to 180°C/350°F. Bake for 15 mins, then cover tightly with foil and bake for a further 15 mins. Leave to cool completely on a wire rack, then cut into 12 bars.

**COOK'S · TIP ·**

**You could use a variety of fruits for the centre. Blueberries or raspberries, or a mix of both, would work well too.**

OPINEL
INOX

# CINNAMON CRUFFINS

*These are like a cinnamon bun meets a croissant. Filled with simnel-inspired fruit, spice and marzipan, the flaky pastries make a great treat for a weekend brunch. Depending on the size of your air fryer, you may need to bake them in two batches*

**MAKES** 8
**READY IN** 50 mins, plus chilling

- **150ml** (5fl oz) strong Earl Grey tea, hot
- **50g** (1¾oz) raisins
- **450g** (1lb) brioche dough, defrosted if frozen
- **50g** (1¾oz) cold salted butter
- **50g** (1¾oz) golden marzipan, chopped
- **1tbsp** demerara sugar

### FOR THE SUGAR FILLING

- **100g** (3½oz) salted butter, softened, plus extra for greasing
- **50g** (1¾oz) light brown sugar
- Finely grated zest **1** lemon (save the juice for the glaze)
- **2 tsp** cinnamon
- **1 tsp** mixed spice

### FOR THE GLAZE

- **100g** (3½oz) full-fat soft cheese, at room temperature
- **75g** (2½oz) icing sugar
- **50g** (1¾oz) unsalted butter, melted
- **1-2 tbsp** lemon juice

### TO SERVE

- Silicone muffin cases

**1** Combine the hot tea and raisins in a pan and simmer for 15 mins, until the raisins plump up and most of the liquid has been absorbed. Drain and set aside to cool.

**2** On a lightly floured surface, roll the brioche dough into a 50x25cm (19½x10in) rectangle. Grate the chilled butter evenly over the dough, then fold the bottom third up and the top third down, ensuring that the corners are nice and square.

**3** Turn the dough 90 degrees and roll out to 50x25cm (19½x10in), then fold again as above. Wrap in cling film and chill for 20 mins. Repeat this process for a total of 4 rolls and folds. Chill for another 20 mins.

**4** Meanwhile, beat the sugar filling ingredients in a bowl until combined. Roll the chilled dough into a 45x30cm (18x12in) rectangle. Spread the filling over the dough, leaving a 2cm (¾in) border on one of the long edges. Scatter over the drained raisins and the marzipan. Roll up the dough tightly, starting with a long edge, and press lightly to seal the edge.

**5** Cut into 8 equal pieces. Push each into the muffin case holes. Wrap and chill for 20 mins or up to 1 day, until ready to cook.

**6** Heat the air fryer to 170°C/325°F. Scatter the cruffins with the demerara sugar and bake for 10 mins, then reduce the heat to 150°C/275°F and bake for a further 10 mins, until puffed and golden. Remove them from the tin while hot, to avoid sticking.

**7** For the glaze, mix together the soft cheese, icing sugar and melted butter until smooth. Add enough lemon juice to make a pouring consistency and the flavour to your liking. Drizzle over the cruffins and leave to set before eating.

# LIGHTER BITES

32
PRAWN & BLACK BEAN BURRITO BOWLS
•
35
SPICY VEGGIE TACOS
•
35
SPANISH-STYLE HOT DOGS with SAFFRON MAYONNAISE
•
36
AUBERGINES with TAHINI & FATTOUSH SALAD
•
37
WINTER BRUSCHETTA
•
38
ULTIMATE TOASTIE
•
40
TUNA & KIMCHI SWEET POTATO JACKETS

41
GREEK-INSPIRED BEAN BURGERS

•

42
SWORDFISH, LEMON & BAY LEAF SKEWERS

•

43
CHEESE & PICKLE PASTIES

•

44
PRAWN & MANGO with CORIANDER DRESSING

•

46
LEANER HOT DOGS

•

47
MALT VINEGAR POTATOES with TARTAR SAUCE

•

48
SPICED BUTTERNUT SOUP with CRISPY CHICKPEAS

•

49
STICKY CHICKEN DRUMSTICKS

•

51
GOAT'S CHEESE TARTLETS

•

52
APPLE TOASTS with RICOTTA, WARM APPLE COMPOTE & CRISPY SAGE

•

53
CHORIZO & ASPARAGUS TARTLETS

# PRAWN & BLACK BEAN BURRITO BOWLS

*DIY tortilla bowls are great for jazzing up weeknight salads – the fiery prawns are addictive with the cooling ranch dressing!*

**MAKES** 4 bowls
**READY IN** 45 minutes

- **250g** (9oz) raw king prawns
- **1 tbsp** cayenne pepper
- **1 tsp** ground cumin
- **3 tbsp** olive oil
- Large bunch spring onions, trimmed
- **2** corn cobs
- **4** large tortilla wraps
- Olive oil spray
- **4** little gem lettuces, halved lengthways
- **1** tin black beans, rinsed and drained, warmed
- **1** avocado, diced
- Few sprigs coriander, leaves picked, to serve (optional)

### FOR THE RANCH DRESSING

- **100g** (3½oz) mayonnaise
- **150ml** (5fl oz) soured cream
- **1 tsp** garlic granules
- **100g** (3½oz) blue cheese
- Small handful chives, snipped
- Juice ½ lemon

### YOU WILL NEED

- Metal skewers, or wooden skewers soaked for 30 mins in warm water

**1** In a bowl, toss together the prawns, spices and 1 tbsp oil, and leave in the fridge to marinate.
**2** Heat the air fryer to 200°C/400°F. Brush the spring onions and corn with 1 tbsp oil. Cook the corn in the air fryer for 15 mins, turning once, adding the spring onions and a sprinkling of sea salt for the final 5 mins. Take off the heat and slice off the kernels using a sharp knife.
**3** Thread the prawns onto the skewers then air fry for 5 mins, turning once. Set aside.
**4** Brush the tortillas with the remaining oil on both sides. Pop them into the air fryer for a few mins until warmed and starting to char, then remove and shape into the bottom of a shallow bowl. Leave to set. Meanwhile, spray the baby gems and air fry for 5 mins.
**5** Combine the dressing ingredients in a mixing bowl, then toss in the charred lettuce, corn kernels, spring onions, black beans and avocado.
**6** Divide the salad between the tortilla bowls, and top with the prawns and coriander leaves, if using.

# SPICY VEGGIE TACOS

*A quick throw-together meal. The spice mix is a great cheat to get a lovely level of spice without the faff*

**SERVES** 4
**READY IN** 20 minutes

- **1** small pineapple, approx 400g (14oz), chopped
- **1 tbsp** Mexican spice fajita and taco mix
- Small bunch coriander leaves, roughly chopped, plus extra leaves to serve
- Zest and juice **1** lime, plus lime wedges, to serve
- **1 tbsp** olive oil
- **250g** (9oz) block halloumi, sliced into fingers
- Olive oil spray
- **8** small soft flour tortillas
- Tzatziki, aioli or soured cream (optional)

**1** Toss together the pineapple, spice mix, coriander, lime zest and juice in a medium bowl. Add the olive oil, and season with salt and pepper, then toss again. Leave in the fridge to chill.
**2** Heat the air fryer to 200°C/400°F. Spray the halloumi slices with oil and air fry for 6–7 mins, turning a few times.
**3** Warm the wraps in the switched off air fryer, then serve with the halloumi, chilled pineapple salsa, extra coriander leaves and lime wedges for squeezing, if you like. Serve with tzatziki or other sauce, if liked.

# SPANISH-STYLE HOT DOGS WITH SAFFRON MAYONNAISE

*Mix up your regular sausage offering with this flavour-packed number. You could also use roasted peppers from a jar*

**SERVES** 4
**READY IN** 45 minutes

- **1** head garlic
- Olive oil
- **¼ tsp** saffron threads
- Squeeze lemon juice
- **4 tbsp** mayonnaise
- **4** chorizo cooking sausages
- **2** red peppers, deseeded and halved
- **400g** (14oz) ciabatta loaf
- **50g** (1¾oz) rocket

**1** Heat the air fryer to 200°C/400°F. Slice the top off the garlic, put in foil and drizzle with olive oil. Bake for 30 mins.
**2** Meanwhile, crush the saffron threads with a pestle and mortar, transfer to a small bowl, add the lemon juice and set aside to infuse as the garlic cools. Once cool enough to handle, peel and mix 2 garlic cloves and the saffron into the mayonnaise.
**3** Cook the peppers in the air fryer, skin-side up, for 12 mins and the chorizo for 10 mins, turning halfway through.
**4** Cut the ciabatta loaf into 4 equal-sized pieces and warm in the switched off air fryer. Slice each in half and spread with the remaining garlic and mayonnaise. Top with the chorizo, red peppers and rocket.

# AUBERGINES WITH TAHINI & FATTOUSH SALAD

*A veggie dish inspired by Middle Eastern flavours*

**SERVES** 4
**READY IN** 35 minutes

- **2 tbsp** vegetable oil
- **2** aubergines, halved lengthwise, flesh scored in a criss-cross pattern
- **2** pitta breads
- **1 tbsp** white miso paste
- **1 tbsp** maple syrup
- **¼ tsp** chilli flakes

### FOR THE SALAD

- **2** baby gem lettuce, trimmed and shredded
- **½** cucumber, deseeded and cut into half moons
- **250g** (9oz) cherry tomatoes, quartered
- Bunch spring onions, trimmed and thinly sliced
- **150g** (5oz) radishes, trimmed and quartered
- **1 tbsp** mint, roughly chopped
- **2 tbsp** parsley, roughly chopped
- **2 tsp** sumac, plus extra for sprinkling on top (find it in the spice aisle)
- **2 tbsp** red wine vinegar
- **2 tbsp** olive oil

### FOR THE DRESSING

- **3 tbsp** tahini
- **1** garlic clove, crushed
- Juice ½ lemon

**1** Heat the air fryer to 180°C/350°F. Brush 1 tbsp oil all over the aubergines. Put them skin side down in the air fryer and cook for 20 mins. Meanwhile, put all the salad ingredients in a large bowl and season, tossing to combine.
**2** Once the aubergines are cooked, brush the remaining oil on the pitta breads and air fry for 2 mins each side.
**3** In a small bowl mix the miso, maple syrup, chilli flakes and remaining oil. Brush the miso mixture over the flesh side of the warm aubergines.
**4** Combine all the dressing ingredients in a small bowl, season with salt and loosen with a splash of water to form a sauce that you can drizzle.
**5** Serve the salad on one large platter or individual plates, then tear the pittas into small chunks and scatter over the salad. Put the aubergines on top and drizzle with the tahini dressing.

# WINTER BRUSCHETTA

*We've switched the classic tomato topping for a winter vegetable combination*

**SERVES** 2
**READY IN** 40 minutes

- **2 tbsp** honey
- **1 tsp** chilli flakes
- **2** small raw beetroots (approx 100g/3½oz each), peeled, cut into 1cm (½in) thick wedges
- **¼** butternut squash, cut into 2cm (¾in) thick semicircles
- **½ tsp** ground coriander
- **1 tsp** vegetable oil
- **1 tsp** pumpkin seeds, toasted
- **3 x 2cm** (¾in) slices ciabatta loaf, toasted
- **1** garlic clove, halved
- **75g** (2½oz) cream cheese
- Handful watercress

**1** Heat the air fryer to 180°C/350°F. Mix the honey and chilli flakes, and set aside to infuse.
**2** In a bowl, toss the beetroot and squash with the ground coriander, oil and seasoning. Roast for 20 mins in the air fryer until tender, giving them a shake halfway through.
**3** Meanwhile, rub the toasted ciabatta with the cut side of the garlic.
**4** Stir half the chilli-honey mixture into the cream cheese, then whisk until stiff. Spread onto the ciabatta toast and top with the warm roasted veg and pumpkin seeds. Drizzle over the remaining chilli honey and scatter over the watercress.

# ULTIMATE TOASTIE

*Breathe new life into the tasty odds and ends lingering in the fridge. You can use up almost anything in this moreish snack!*

**SERVES** 1
**READY IN** 15 minutes

- **2** large slices sourdough bread
- **60g** (2oz) Cheddar or blue cheese, grated
- **1** egg
- **½ tsp** Worcestershire sauce
- **1 tsp** milk
- **1** spring onion, finely chopped
- **1 tsp** fresh herbs, finely chopped, we used thyme and rosemary
- Splash wine or beer (optional)
- **1-2 tsp** cranberry sauce
- **1 tbsp** mayonnaise
- **½ tbsp** grainy mustard
- **30g** (1oz) cooked chicken or ham

**1** Heat the air fryer to 200°C/400°F, and toast the bread for 2 mins a side.
**2** Combine the cheese, egg, Worcestershire sauce, milk, spring onion, herbs and a splash of wine/beer if you have some open.
**3** Spread one slice of toast with cranberry sauce, then divide the cheese mixture between the 2 toasts and return to the air fryer for 4 mins.
**4** Mix the mayonnaise and mustard. Top the cranberry/cheese toast with the chicken or ham, add the mustard mayo, then sandwich with the second toast, cheese side up.

# TUNA & KIMCHI SWEET POTATO JACKETS

*Using the air fryer for this dish means no heating of a conventional oven required and it saves time*

**SERVES** 4
**READY IN** 55 minutes

- **4** medium sweet potatoes, 750g (1½lb) total
- Olive oil spray
- **400g** (14oz) tin cannellini beans, drained and rinsed
- **200g** (7oz) tin tuna steak in spring water, drained
- Bunch spring onions, sliced
- **100g** (3½oz) kimchi, roughly chopped
- **1 tbsp** soy sauce
- **30g** (1oz) extra-mature Cheddar, grated

**1** Heat the air fryer to 200°C/400°F. Prick the potatoes, spray with oil and roast for 40 mins until softened.

**2** Meanwhile, stir together the beans, tuna, most of the spring onions, the kimchi and soy sauce.

**3** Slice the potatoes down the middle and open out. Top with the kimchi mix and the cheese, then return to the air fryer for 5-7 mins, until the filling has warmed through and the cheese has melted. Scatter over the reserved spring onions.

# GREEK-INSPIRED BEAN BURGERS

*Delicious stuffed into pitta bread or simply served with a big hearty salad, these burgers are a great meat-free option*

**SERVES** 2
**READY IN** 30 minutes

- **1 tbsp** red wine vinegar
- **75g** (2½oz) 0% fat Greek-style natural or vegan yoghurt
- **2 tbsp** roughly chopped fresh mint
- **½** cucumber, finely diced
- **2** wholemeal pitta breads, halved
- Bag mixed salad leaves, to serve

## FOR THE BURGERS

- **1½ tbsp** olive oil
- **1** red onion, ½ diced and ½ finely sliced
- **1** garlic clove, crushed
- **400g** (14oz) tin mixed beans, drained and rinsed
- **30g** (1oz) fresh wholemeal breadcrumbs
- **1 tbsp** dried oregano
- **1 tsp** chilli flakes
- **½ tsp** dried mint
- Zest and juice of **½** lemon
- **75g** (2½ oz) reduced-fat Greek-style salad cheese or vegan alternative

**1** For the burgers, heat ½ tbsp of the oil in a frying pan and cook the diced onion and the garlic until soft. Add the mixed beans to the pan to warm through. Use a potato masher to crush them into a paste. Mix in the breadcrumbs, oregano, chilli flakes, mint, lemon zest and juice, and cheese. Press and shape into 4 patties.

**2** Pour the vinegar over the sliced onion. Mix together and set aside.

**3** Heat the air fryer to 190°C/375°F. Brush the burgers with the remaining oil and air fry for 5 mins, then flip and cook for a further 2 mins, or until piping hot and cooked through.

**4** Meanwhile, mix the yoghurt, mint and cucumber. Toast the pitta breads and open up the pockets. Top the bean burgers with some of the sliced onion. Serve with the salad leaves, the pittas and the refreshing minty yoghurt.

# SWORDFISH, LEMON & BAY LEAF SKEWERS

*Fresh bay leaves are best for this recipe. You can use dried, but soak them for one hour in cold water to soften before use*

**SERVES** 6
**READY IN** 15 minutes, plus marinating

- **500g** (17oz) swordfish steak
- **1 tbsp** olive oil
- **1 tsp** ras el hanout
- **18** fresh bay leaves
- **1** lemon, cut into 18 chunks
- **100g** (3½oz) mayonnaise
- **1 tsp** harissa paste
- Extra olive oil and lemon juice, to serve

**YOU WILL NEED**

- Bamboo or steel skewers

**1** Cut the swordfish into 30 cubes and put in a shallow ceramic/glass dish. Add the oil and ras el hanout, stir to coat the fish, then leave to marinate for 1 hr.

**2** Heat the air fryer to 180°C/350°F. Thread the fish, bay leaves and chunks of lemon onto the skewers and cook on a silicone liner for 5 mins, turning halfway, until cooked.

**3** Mix the mayonnaise with harissa paste. Drizzle the skewers with oil and a squeeze of lemon juice.

# CHEESE & PICKLE PASTIES

*A classic sandwich combination, wrapped in pastry, what's not to love? The ideal filling finger food, which you'll need to bake in batches. Or you can freeze them then bake from frozen, adding a couple of minutes to the cooking time*

**MAKES** 12
**READY IN** 30 minutes, plus chilling

### FOR THE PASTRY

- **300g** (10oz) plain flour, plus extra to dust
- **200g** (7oz) cold unsalted butter, cubed
- **2** medium eggs, lightly beaten, 1 for the pastry, 1 for the egg wash
- **2 tsp** white wine vinegar
- **3 tbsp** milk

### FOR THE FILLING

- **4 tbsp** pickle, we used Branston
- **1** small eating apple, finely diced
- **2** spring onions, thinly sliced
- **150g** (5oz) cheddar, coarsely grated

### YOU WILL NEED

- **12cm** (4½in) round cutter

**1** Put the flour and butter into a food processor. Pulse until it forms fine breadcrumbs. Add 1 beaten egg and the vinegar to the breadcrumb mix. Turn the food processor to a low speed and gradually add the milk. Turn out the mixture onto a clean surface and bring together to form a dough. Squash into a flat disc, wrap in cling film and refrigerate for 30 mins.

**2** Meanwhile, make the filling. Combine all of the ingredients together and season with salt and pepper.

**3** On a lightly floured surface, roll out the pastry until 2mm (⅛in) thick. Using the cutter, cut out 12 circles, re-rolling the pastry pieces as necessary. Brush the egg wash around the outside of each circle. Place a heaped tablespoon of filling in the centre of each circle.

**4** Fold the pastry over the filling and seal the edges together. Put onto a lined baking tray, egg wash the top of each pasty and refrigerate for 30 mins.

**5** Heat the air fryer to 180°C/350°F. Remove the pasties from the fridge, crimp the edges with your fingertips, or use a fork, brush the top again with egg wash. Bake for 10 mins, then flip, brush again and bake for a further 10 mins.

# PRAWN & MANGO WITH CORIANDER DRESSING

*We've used mango chutney and lime pickle to ramp up the flavour in this simple rice salad*

**SERVES** 2
**READY IN** 10 minutes

- **150g** (5oz) raw king prawns, shelled
- Olive oil spray
- **200g** (7oz) cooked wild rice or grain pouch
- **1** ripe mango, cut into chunks
- **1** ripe avocado, cut into chunks
- **¼** cucumber, peeled into ribbons
- Couple of handfuls pea shoots or rocket

## FOR THE DRESSING

- **4 tbsp** thick Greek yoghurt
- **2 tbsp** mango chutney
- **1 tbsp** lime pickle
- **½** red chilli, chopped
- Handful coriander, plus extra leaves to serve
- Juice **1** lime, plus extra wedges for squeezing
- **1 tbsp** extra virgin olive oil

**1** Heat the air fryer to 180°C/350°F. Spray the prawns with oil, and cook on a liner for 4 mins, turning once. Set aside to cool. In a bowl, toss together the rice, mango, avocado and cucumber.

**2** Whizz all the dressing ingredients in a small processor, then toss a few spoonfuls into the rice.

**3** Divide the rice between 2 bowls, then top with the prawns and pea shoots, with extra dressing in a bowl on the side to serve. Any leftover dressing can be chilled and used up on other salads or as a sauce for chicken.

# LEANER HOT DOGS

*These crowd-pleasers are inspired by the stuffed baguettes you find in Vietnamese cuisine. Leave out the pâté if it's not for you*

**SERVES** 4
**READY IN** 20 minutes

### FOR THE MUFFINS

- **8** chicken chipolata sausages
- **2** small baguettes, halved
- **30g** (1oz) chicken liver pâté (optional)
- **1 tbsp** mayonnaise
- **75g** (2½ oz) radishes, chopped
- **2** spring onions, chopped
- **½** cucumber, cut into ribbons with a peeler
- **1** carrot, coarsely grated
- Small bunch Thai basil or coriander, leaves picked
- Hot sauce, such as Sriracha (optional)

**1** Heat the air fryer to 200°C/400°F. Cook the sausages for 8-10 mins, turning halfway through.
**2** Spread one side of each baguette with the pâté, if using, and the other with the mayo. Stuff with the radishes, spring onions, cucumber and carrot. Top each with two sausages, some picked herbs and a drizzle of hot sauce, if liked.

# MALT VINEGAR POTATOES WITH TARTAR SAUCE

*These roasties are addictive with the flavoursome dip and cook so quickly in an air fryer. Any leftover dip is delicious in a fish finger sandwich*

**SERVES** 4 as a snack
**READY IN** 30 minutes

- **750g** (1½ lb) baby new potatoes
- **1 tbsp** olive oil
- Malt vinegar

### FOR THE TARTAR SAUCE

- **2 tbsp** capers, roughly chopped
- **2 tbsp** gherkins, roughly chopped
- **100g** (3½ oz) mayonnaise
- **2 tbsp** Greek yoghurt
- Small handful of parsley, finely chopped
- **1** shallot, finely chopped
- Squeeze of lemon juice

**1** Heat the air fryer to 200°C/400°F. Toss the potatoes in the olive oil with plenty of sea salt and roast for 18 mins, shaking the basket a few times.

**2** Meanwhile, make the tartar sauce. Combine all ingredients together in a small bowl and season with salt and pepper. Set aside until ready to serve.

**3** Remove the potatoes and put into an ovenproof dish. Douse the potatoes generously in vinegar and return to the air fryer for 5-7 mins until crisp. Remove from the oven, serve hot or cold alongside the tartar sauce dip.

# SPICED BUTTERNUT SOUP WITH CRISPY CHICKPEAS

*Air-fried crispy chickpeas also make a great snack or addition to salads*

**SERVES** 4
**READY IN** 30 minutes

- **1** onion, chopped
- **3 tbsp** olive oil
- **2** garlic cloves, crushed
- **1 tbsp** ras el hanout, baharat or garam masala spice blend
- **500g** (17oz) butternut squash, peeled and cut small chunks
- **2.5cm** (1in) piece ginger, finely grated
- **1 l** (1¾pt) vegetable stock
- 400g (14oz) tin chickpeas, drained, rinsed and dried
- **1 tbsp** harissa paste (use less if you don't like it spicy)
- Coriander sprigs, toasted sesame seeds and tahini paste, to serve (optional)

**1** Fry the onion in 2 tbsp oil for a few mins, to soften. Mix in the garlic and spice blend along with the squash and ginger, and cook for 1 min. Add the stock, season and bring to the boil. Cover and simmer for 20 mins until the veg is tender.

**2** Meanwhile, heat the air fryer to 200°C/400°F. Mix the chickpeas with the harissa and remaining oil. Air fry for 8-10 mins, giving the basket an occasional shake.

**3** Whizz the soup in a blender or with a stick blender until smooth. Serve in warmed bowls, topped with the spicy chickpeas, coriander sprigs, a sprinkling of sesame seeds and a drizzle of tahini, if liked.

# STICKY CHICKEN DRUMSTICKS

*If you cook significant amounts of meat and poultry in your air fryer, it's worth buying a meat thermometer if the air fryer doesn't come with one. The chicken should read 75°C/170°F when fully cooked through*

**SERVES** 4
**READY IN** 30 minutes

- **4 tbsp** honey
- **4 tbsp** soy sauce
- **4 tbsp** tomato ketchup
- **8** chicken drumsticks or thighs
- **2 tsp** black sesame seeds
- **2 tbsp** rice wine vinegar
- **3 tbsp** soy sauce
- **2 tsp** sesame oil
- **1 tsp** caster sugar
- **4** carrots, julienned/thinly sliced
- **2** cucumbers, julienned/thinly sliced
- **6** spring onions, julienned/thinly sliced
- **1** chilli, thinly sliced

**1** Heat the air fryer to 200°/400°F. Combine the honey, soy sauce and tomato ketchup in a large mixing bowl.
**2** Slash the skins of the drumsticks and add to the bowl, tossing in the sauce to coat. Lay the drumsticks on an air fryer liner. Cook for 6 mins, then turn and cook for a further 6 mins or until cooked through.
**3** For the coleslaw, combine the sesame seeds, vinegar, soy sauce, sesame oil and sugar in a bowl. Add the remaining ingredients and toss well.
**4** Serve the drumsticks with the slaw.

**COOK'S TIP**

Don't use a liner for these, or the bases won't crisp up sufficiently.

# GOAT'S CHEESE TARTLETS

*These delicious tarts could not be simpler or quicker to make. You could also serve them with a green salad, instead of the courgettes*

**SERVES** 4
**READY IN** 15 minutes

- **375g** (13oz) ready-rolled puff pastry
- **3 tbsp** black olive tapenade
- **2 x 100g** (3½oz) rolls fresh goat's cheese, sliced
- A little milk
- **2** courgettes
- Juice of ½ lemon
- **1tbsp** olive oil

**1** Heat the air fryer to 200°C/400°F. Unroll the pastry and cut into 4 equal rectangles or squares, which will fit your air fryer and can be baked two at a time. Score a border about 1cm (½in) from the edge. Spread inside the border with the tapenade and top with slices of goats' cheese. Brush the edges with milk. Bake for 10 mins.

**2** Meanwhile, using a Y-shaped peeler or mandolin, shave the courgettes into ribbons. Mix with the lemon juice and oil, then use to top each tart. Serve with extra courgette ribbons.

# APPLE TOASTS WITH RICOTTA, WARM APPLE COMPOTE & CRISPY SAGE

*Garlicky toasts topped with cooked apple would make a healthy lunch or a perfect weekend brunch*

**SERVES** 4
**READY IN** 30 minutes

- **4 x 2cm** (¾in) slices sourdough bread
- **2** garlic cloves, peeled
- Olive oil, to drizzle
- **3** apples
- **1** red chilli, finely sliced, or 1 tsp dried chilli flakes
- **2 tbsp** maple syrup
- Zest and juice of **1** lemon
- **100g** (3½oz) butter
- Leaves of 1 small bunch sage
- **200g** (7oz) ricotta

**1** Heat the air fryer to 180°C/350°F. Toast the bread in the air fryer for 2 mins a side. While hot, rub the raw garlic over one side of each slice, then drizzle with a little olive oil and set aside.

**2** To make the compote, roughly chop the apples (removing cores and seeds), and put in a frying pan with the chilli, maple syrup, lemon zest and juice, and 100ml (3½fl oz) water. Cook over a medium heat until the apple is cooked through and starting to break down, around 15 mins.

**3** Melt the butter in a small pan over a medium heat until sizzling. Add the sage leaves and fry for around 30 seconds until crisp, then remove onto kitchen paper. Pour the remaining butter from the pan into a small bowl.

**4** Put the ricotta in a small bowl and serve on a large board. To build the toasts, spread a little ricotta over each slice, then top with the warm apple compote, a few crispy sage leaves and a drizzle of melted butter.

# CHORIZO & ASPARAGUS TARTLETS

*There's a bit of a Spanish theme here, but you could substitute the Manchego for any full-flavoured, hard cheese*

**SERVES** 6
**READY IN** 30 minutes

- **2** eggs
- **100ml** (3½fl oz) double cream
- **6** ready-made mini shortcrust tart cases
- **100g** (3½oz) chorizo, chopped
- **12** asparagus spears
- **3 tbsp** grated Manchego cheese
- Green salad, to serve

**1** Heat the air fryer to 190°C/375°F. Whisk the eggs and cream together and season with salt and freshly ground black pepper.

**2** Pour the egg mixture into each pastry case and top with a few pieces of chorizo. You could use ham or some chopped, smoked bacon instead of the chorizo. Add two asparagus spears, trimmed to fit, to each pastry case.

**3** Sprinkle each tart with a little cheese and bake for 8-10 mins, until just set and golden. Serve with a green salad.

# MAINS

56
CAJUN SALMON COBB
•
58
CHICKEN SCHNITZEL with GARLIC HERB BUTTER
•
59
HAKE with CELERIAC ROASTIES & CRISPY KALE
•
60
CHICKEN, LEEK & MUSHROOM POT PIES
•
61
STEAK & TOMATO SALAD with BASIL OIL DRESSING
•
63
HEALTHIER SAUSAGE & MASH
•
64
QUICK FISH & CHIPS

65
LAMB SKEWERS with SAFFRON RICE & RED CABBAGE
•
67
FETA, ALMOND & SWEET POTATO SALAD
•
67
HERBY PORK STEAK
•
68
FALAFEL BALLS with COURGETTE RIBBONS
•
70
STICKY CHICKEN with COURGETTE KEBABS
•
71
TURKEY MEATBALLS with BROCCOLI COUSCOUS
•
72
LIGHTER CHICKEN MILANESE
•
73
THAI BEEF & NOODLES
•
75
ROAST CHICKEN CAESAR
•
76
STICKY HALLOUMI, WATERMELON & FREEKEH
•
77
THE HALF & HALF BURGER
•
79
MARINATED CHICKEN BREAST with CABBAGE SLAW

# CAJUN SALMON COBB

*Swapping chicken to salmon in this classic is a tasty way to get your oily fish quota*

**SERVES** 4
**READY IN** 35 minutes

- **3** eggs
- **2 tsp** maple syrup
- **1 tbsp** Cajun spice rub
- **500g** (1lb2oz) skinless salmon fillets
- **2** sweetcorn on the cob
- **½ tbsp** olive oil
- **6** spring onions, trimmed and cut into thirds
- **½** red chilli, sliced into thin rounds
- **125g** (4oz) baby leaf spinach
- **300g** (10oz) heritage baby tomatoes, chopped
- **1** avocado, peeled and sliced

## FOR THE DRESSING

- **75g** (2½oz) soft blue cheese, we used Saint Agur
- **75g** (2½oz) soured cream
- **50g** (1¾oz) mayonnaise
- Juice **1** lemon
- **3 tbsp** snipped fresh chives

**1** Put the eggs in a pan of cold water, bring to a boil, then reduce and simmer for 6 mins. Run under cold water to cool, then peel and slice.

**2** Meanwhile, mix the maple syrup, spice rub and ¼ tsp sea salt in an ovenproof dish, add the salmon and toss to coat, then set aside. Heat the air fryer to 200°C/400°F. Rub the corn with oil and salt, air fry for 15 mins, turning halfway through. Then, using a sharp knife, slice off the kernels.

**3** Cook the salmon in the air fryer for 8 mins, turning halfway, then add the spring onions and chilli for 2 mins.

**4** In a large bowl, whisk the dressing ingredients together with a balloon whisk until smooth. Toss in the spinach to coat, then pile onto a serving platter. Arrange the salmon, spring onions, tomatoes, sweetcorn and avocado in neat rows. Drizzle over any sauce from the pan and serve.

# CHICKEN SCHNITZEL WITH GARLIC HERB BUTTER

*Crunchy Japanese panko breadcrumbs are the key to a really crispy exterior in this satisfying dinner with no classic frying required*

**SERVES** 4
**READY IN** 30 minutes

- **2** large boneless, skinless chicken breasts
- **100g** (3½oz) panko breadcrumbs
- **6 tbsp** plain flour
- **2** eggs, lightly beaten
- Olive oil spray
- Zest **1** lemon

### FOR THE SLAW

- **½** small white cabbage, finely shredded
- **1** fennel bulb, finely shredded
- Small bunch chives, snipped
- Small bunch parsley, finely chopped
- Juice **1** lemon, plus wedges to serve
- **2 tbsp** olive oil
- **3 tbsp** finely grated Parmesan, plus extra

### FOR THE GARLIC BUTTER

- **100g** (3½oz) unsalted butter
- **3** garlic cloves, crushed
- **2 tbsp** each, finely chopped basil and parsley

**1** Halve the chicken breasts horizontally to make 4 thin steaks. Use a rolling pin to bash the fillets out between two sheets of baking paper to flatten a little more and even out the thickness. Season well.
**2** Put the breadcrumbs onto a large plate, the flour on another and the eggs in a shallow bowl. Dust the chicken in the flour, dip into the egg and press into the breadcrumbs, ensuring they're well coated.
**3** Toss together all the slaw ingredients in a large bowl. Set aside.
**4** Heat the air fryer to 180°C/350°F. Spray the chicken with oil, then cook on a liner for 3 mins, turn, spray again and cook for a further 3 mins. Sprinkle with salt and zest.
**5** Meanwhile, melt the butter in a small pan. Stir in the garlic. Cook for 30 secs, remove from the heat and stir in the herbs. Slice the chicken, drizzle with the butter and serve with the slaw and lemon wedges on the side, with extra Parmesan grated over the top, if liked.

# HAKE WITH CELERIAC ROASTIES & CRISPY KALE

*A tasty fish supper that feels special enough to serve to friends*

**SERVES** 4
**READY IN** 45 minutes

- **1** small celeriac (approx 750g/1½lb), peeled and cut into 2cm (¾in) cubes
- **3 tbsp** olive oil
- **½ tsp** smoked paprika
- **4** garlic cloves, skin on
- **200g** (7oz) curly kale, leaves stripped and roughly chopped
- **2 tbsp** capers
- **4** sustainably sourced hake fillets (or other firm white fish)

**FOR THE PESTO**

- **4 tbsp** pumpkin seeds, toasted
- **½** small bunch tarragon, roughly chopped
- Small bunch parsley, chopped
- **4** anchovy fillets
- **4 tbsp** extra virgin olive oil

**1** Heat the air fryer to 180°C/350°F. Toss the celeriac with 2 tbsp olive oil, the paprika and 1 tsp fine sea salt. Add the garlic cloves. Air fry for 20 mins, shaking the basket halfway through. Set aside. You can quickly reheat it if needed.

**2** Toss the kale with the remaining ½ tbsp oil and the capers. Air fry for 3 mins, set aside. Brush the fish with a little oil and season well. Cook on a liner for 6 mins, turning halfway through.

**3** For the pesto, put the pumpkin seeds in a small food processor. Peel the roasted garlic and add to the blender with the remaining pesto ingredients and 3 tbsp water. Whizz until smooth.

**4** Serve the celeriac with the kale and fish, spoon over some of the pesto, then serve the rest alongside.

# CHICKEN, LEEK & MUSHROOM POT PIES

*When making any pies in an air fryer, the filling needs to be hot – otherwise the pastry will over-brown and the filling won't be heated through*

**SERVES** 4
**READY IN** 30 minutes

- **4** skinless, boneless chicken thighs
- **2 tbsp** oil
- **1** leek, sliced
- **200g** (7oz) button mushrooms
- **1** bay leaf
- **1** sprig rosemary, plus extra to serve
- **2 tbsp** flour
- **200ml** (7fl oz) milk
- **200ml** (7fl oz) chicken stock
- **2 tbsp** wholegrain mustard
- **100g** (3½oz) tinned sweetcorn
- **2** sheets filo pastry
- Spray oil

**1** Poach the chicken gently in a pan of simmering water for 6-8 mins, or until tender. Set aside to rest, then shred.

**2** Meanwhile, melt the oil in a frying pan, add the leek, mushrooms, bay leaf and rosemary sprig, then fry gently for 5 mins.

**3** Stir in the flour and season, then slowly add the milk and stock. Simmer for 5 mins, or until thickened and smooth. Stir in the mustard, sweetcorn and shredded chicken. Heat the air fryer to 180°C/350°F.

**4** Divide the chicken pie filling between four ramekin dishes or a larger pie dish. Scrunch up ½ sheet of filo pastry per pot (or arrange all filo on the pie dish), spray with cooking oil, then bake for 10 mins, until golden and bubbling.

# STEAK & TOMATO SALAD WITH BASIL OIL DRESSING

*This spin on the classic Italian tagliata proves that you can't beat juicy steak for an easy and satisfying dinner*

**SERVES** 2-3
**READY IN** 15 minutes

- **1** small garlic bread baguette
- **300g** (10oz) piece bavette steak or rump steak
- **3 tbsp** fresh basil
- **350g** (12oz) mixed Heritage variety tomatoes
- **30g** (1oz) Parmesan, shaved
- **4 tbsp** extra virgin olive oil, plus extra for brushing
- **½ tsp** red wine vinegar

**1** Heat the air fryer to 180°C/350°F. Bake the baguette in foil for 6 mins, then unwrap and bake for a further min. Cut it into chunks, then put back in the air fryer to crisp up for 1 min.
**2** Season the steaks with oil and salt and pepper, then cook (without any liner) for 5 mins, then flip and cook for a further 4 mins for medium rare. Set aside to rest.
**3** Meanwhile, whizz half the basil with salt and pepper, the red wine vinegar and the olive oil to make a basil dressing.
**4** Slice or chop the tomatoes and arrange them on a platter or divide between 2 plates. Slice the steak, then nestle on top of the tomatoes, with the croutons, basil leaves and Parmesan cheese. Drizzle with the basil dressing to serve.

# HEALTHIER SAUSAGE & MASH

*Swapping pork sausages for chicken is an easy way to reduce the calories; for hungrier appetites, serve three sausages per person*

**MAKES** 4
**READY IN** 5 minutes

- **500g** (17oz) floury potatoes (we used Maris Piper), peeled and roughly chopped
- **75g** (2½oz) butter, melted
- **2** large red onions, sliced into wedges
- **2** sprigs rosemary, leaves picked
- **2 tbsp** olive oil
- **8–12** chicken sausages
- **½** savoy cabbage or kale, finely shredded
- **3 tbsp** semi-skimmed milk

## FOR THE GRAVY

- **15g** (½oz) unsalted butter
- **1** white onion, finely chopped
- **1** garlic clove, crushed
- **1–2 tbsp** balsamic vinegar
- **2 tbsp** plain flour
- **350ml** (12fl oz) hot chicken stock
- **1 tsp** wholegrain mustard

**1** Boil the potatoes in a large pan of cold, salted water for 15 mins until tender. Drain, leave to cool then mash with the butter.
**2** Heat the air fryer to 200°C/400°F. Toss the onion wedges, rosemary and olive oil together. Cook the sausages in the air fryer for 5 mins, turn, add the onion mixture and cook for a further 5 mins. It can all stay warm in the switched-off air fryer until the gravy is ready.
**3** Meanwhile, blanch the cabbage or kale in boiling water until just tender. Drain and add to the mashed potatoes with the milk. Put back on the heat and warm gently for 2 mins, beating together well.
**4** For the gravy, add the butter to a small pan with the onion and garlic, and cook over a medium heat, stirring regularly until caramelising, about 10 mins. Add the vinegar and turn up the heat, then simmer for 1 min.
**5** Mix in the flour, then slowly add the stock, stirring continuously. Turn up the heat and keep stirring until thickened. Add the mustard and season.
**6** Serve the mashed potatoes on plates topped with the sausages, onions and gravy.

# QUICK FISH & CHIPS

*This dinner makes a healthier alternative to a takeaway*

**SERVES** 4
**READY IN** 30 minutes

- **100g** (5 tbsp) panko breadcrumbs
- **30g** (1oz) butter, melted
- **4** boneless basa fillets, or other white fish
- **1** egg, beaten
- **500g** (1lb 2oz) oven chips

**FOR THE GUACAMOLE**

- **200g** (7oz) frozen peas, defrosted
- **50g** (2oz) gherkins, plus 3tbsp juice
- **2** avocados
- Juice ½ lime
- Small bunch coriander
- Squeeze lemon, to serve

**1** Heat the air fryer to 200°C/400°F. In a wide, shallow bowl, combine the breadcrumbs with the melted butter and season. Dip each basa into the egg then toss in breadcrumbs to coat. Air fry for 5 mins, then set aside to rest while you cook the chips for 10-12 mins, shaking the basket occasionally. You can quickly reheat the fish for 2 mins to serve.

**2** For the guacamole, put all of the ingredients into a blender. Pulse until it forms a rough paste, and season to taste.

**3** Serve the fish with the chips, a dollop of guacamole and squeeze of lemon, if liked.

# LAMB SKEWERS WITH SAFFRON RICE & RED CABBAGE

*Deliciously juicy, these lamb skewers are easy to have ready to cook when the sun shines. You'll need to cook them in two batches*

**SERVES** 6
**READY IN** 30 minutes

- **½** red cabbage, cored and finely sliced
- **1 tbsp** red wine vinegar
- **1 tsp** caster sugar
- **500g** (1lb 2oz) lamb mince
- **3 tsp** baharat or other spice mix
- Small bunch parsley, finely chopped
- **10** mint leaves, finely chopped
- **1** red onion, finely diced
- **225g** (8oz) basmati rice, rinsed
- **450ml** (15fl oz) hot chicken stock
- Pinch saffron threads
- **3 tbsp** pomegranate seeds
- Pickled green chillies, to serve (optional)
- Tub tzatziki, to serve

## YOU WILL NEED

- **12** metal skewers

**1** Mix the red cabbage, red wine vinegar, caster sugar and 1 tsp salt then set aside to pickle.
**2** Put the lamb, baharat spice mix, parsley, mint and onion into a medium-sized bowl, and season generously. Using your hands, mix together, then divide into 12. Roll each piece into a sausage shape, poke a skewer through the centre lengthways, then chill.
**3** Meanwhile, make the rice. Put the rice, stock and saffron into a medium saucepan, bring to the boil then simmer on a low heat for 10 mins, covered. Remove from the heat and leave to sit for a further 10 mins. Fluff up the rice and stir through the pomegranate seeds. Heat the air fryer to 180°C/350°F.
**4** Air fry the lamb in two batches for 10 mins, turning halfway through.
**5** To serve, put the rice on a large platter, and top with the skewers, pickled cabbage, chillies and tzatziki.

# FETA, ALMOND & SWEET POTATO SALAD

*A filling salad with lovely textures and flavours. The nutty dressing will be a new favourite*

**SERVES** 4
**READY IN** 30 minutes

- **100g** (3½oz) whole almonds
- Olive oil, for cooking
- **1 tsp** smoked paprika
- **1** large sweet potato (approx 175g/6oz), peeled and cut into small chunks
- **200g** (7oz) cherry tomatoes
- **400g** (14oz) tin chickpeas, drained and rinsed
- **250g** (9oz) baby spinach
- **200g** (7oz) feta, crumbled
- ½ cucumber (approx 200g/7oz), deseeded and sliced
- Small bunch parsley, leaves only, chopped

**FOR THE DRESSING**

- **2 tbsp** almond butter
- Juice ½ lemon
- **1 tbsp** olive oil
- **1** garlic clove, finely grated

**1** Heat the air fryer to 180°C/350°F. Toss the almonds with 2 tsp oil, paprika and a generous pinch of salt and pepper. Roast on an air fryer liner for 6 mins, shaking halfway through. Set aside to cool then roughly chop.
**2** Drizzle the sweet potato with 1 tbsp oil, season, then air fry for 12 mins, shaking halfway through. Add the tomatoes and chickpeas, and cook for 5 mins more, or until the tomatoes are on the edge of bursting and the sweet potato is tender.
**3** In a large bowl, combine the dressing ingredients, mixing in 2-3 tbsp water to make a 'drizzle-able' consistency. Toss in the sweet potato, tomatoes, chickpeas, spinach, feta, cucumber and parsley. Place on a serving platter – or divide between 4 bowls – and scatter with the roasted almonds.

# HERBY PORK STEAK

*So simple, so quick and so tasty. This recipe also works brilliantly with boneless chicken breasts*

**SERVES** 4
**READY IN** 25 minutes

- **4 x 150g** (5oz) boneless pork loin steaks
- **4 tbsp** olive oil
- **125g** (4oz) panko breadcrumbs
- Handful flat-leaf parsley, chopped
- Handful basil leaves, chopped
- **4 tsp** green olive tapenade
- **2** garlic cloves, thinly sliced
- **1** large courgette, sliced
- **200g** (7oz) tenderstem broccoli, sliced and blanched
- **150g** (5oz) baby leaf spinach
- **30g** (1oz) Parmesan, shaved

**1** Heat the air fryer to 180°C/350°F. Arrange the pork steaks between 2 sheets of cling film then, using a rolling pin, bash each to 2cm (¾in) thick.
**2** Mix together the breadcrumbs, parsley, basil and 3tbsp oil, and seasoning. Air fry the pork steaks for 3 mins, without turning, then spread each pork steak with the green olive tapenade and top with the crumb mixture. Press it down with the back of a spoon. Air fry for 6 mins, then leave it to rest while you cook the vegetables.
**3** Heat 1 tbsp oil in a frying pan, fry the garlic and courgette for 3 mins. Add the broccoli and spinach, stir until tender. Sprinkle with the Parmesan. Serve the veg with the pork and potato wedges or new potatoes.

# FALAFEL BALLS WITH COURGETTE RIBBONS

*Air fryer falafel give such a great result, without having to fry them in lots of oil*

**SERVES** 4
**READY IN** 30 minutes, plus soaking overnight

### FOR THE FALAFEL

- **250g** (9oz) dried chickpeas
- **75g** (2½oz) cooked beetroot in natural juice, cut into chunks
- **2 tsp** cumin
- **1 tsp** garlic salt
- **30g** (1oz) coriander
- **4** spring onions, roughly chopped
- **½ tsp** baking powder
- Olive oil spray

### FOR THE REST

- **50g** (1¾oz) feta
- **50g** (1¾oz) sesame seeds
- **200g** (7oz) wholewheat spaghetti
- **350g** (12oz) courgettes
- **400g** (14oz) tin cherry tomatoes
- **3 tbsp** sun-dried tomato purée

**1** Wash the chickpeas and cover them with water; chill overnight. Freeze the feta – this makes it easier to grate.
**2** Heat the air fryer to 200°C/400°F. Drain and dry the chickpeas. Add to a food processor with the other falafel ingredients and ¼ tsp sea salt. Blitz to a rough paste.
**3** Tip the sesame seeds onto a plate. Squeeze the falafel mixture in your hands to drain the moisture and make 20 walnut-sized balls. Roll each in the seeds, then spray with oil, and cook on a silicone liner for 10 mins, turning halfway through.
**4** Meanwhile, bring a large pan of salted water to a boil. Cook the pasta according to the pack instructions. Drain, saving 200ml (7fl oz) of the cooking water.
**5** Use a julienne peeler to peel the courgettes into noodles. Discard the seedy core of the courgette.
**6** Add the cherry tomatoes and tomato purée to the pan and bring to a boil. Add the pasta and courgette noodles to the pan, stirring until the courgette is soft. Add a little of the pasta water to thicken the sauce.
**7** Serve on plates topped with the falafel and grate over the frozen feta.

# STICKY CHICKEN WITH COURGETTE KEBABS

*A spicy and sweet marinade makes these sticky chicken thighs mouth-wateringly tender*

**SERVES** 6
**READY IN** 30 minutes, plus chilling

- **6** whole chicken thighs, bone in
- **2** large courgettes
- Oil spray
- Mint and chopped chillies, to garnish (optional)
- Chilli or hot sauce, to serve (optional)

**FOR THE MARINADE**

- **1 tsp** lemongrass paste
- **3** garlic cloves, crushed
- **1 tbsp** soy sauce
- **½ tbsp** fish sauce
- **½ tsp** hot chilli powder
- **2 tbsp** lime juice
- **2 tbsp** honey

**YOU WILL NEED**

- **6** skewers

**1** Mix the marinade ingredients together in a large bowl. Add the chicken, turning to coat in the marinade. Chill for 45 mins.

**2** Meanwhile, using a swivel-style peeler, shave the courgette into ribbons. Spray with oil then thread onto the skewers like a concertina. Heat the air fryer to 180°C/350°F.

**3** Spray the chicken skin with oil, then cook the chicken skin side down for 10 mins, then flip and cook for a further 10 mins. Set aside to rest for a few mins.

**4** Air fry the courgette skewers for 1-2 mins on each side, then serve alongside the chicken and scatter with some mint and chilli, if using. Serve with some chilli sauce on the side, if you like it spicy.

# TURKEY MEATBALLS WITH BROCCOLI COUSCOUS

*Meatballs with a cheesy, gooey centre. These would also be great served in a tomato sauce with pasta*

**SERVES** 4
**READY IN** 1 hour

### FOR THE COUSCOUS

- **1** head of broccoli (approx 325g/11oz), cut into florets
- **1½ tbsp** extra virgin olive oil
- Pinch salt
- **100g** (3½oz) wholewheat couscous
- **1 tbsp** chopped parsley

### FOR THE MEATBALLS

- **1** slice wholemeal bread, torn up or 2tbsp fresh breadcrumbs
- **1 tbsp** milk
- **500g** (1lb 2oz) turkey breast mince
- **½ tbsp** reduced-salt soy sauce
- **4** spring onions, roughly snipped
- Pinch chilli flakes
- **2 tbsp** dill, plus extra for garnish
- **16** mini mozzarella balls
- Greek yoghurt, to serve
- Zest **1** lemon
- **8** radishes, thinly sliced, to serve

**1** For the couscous, whizz the broccoli in a food processor to fine crumbs.

**2** Heat 1 tbsp oil in a large frying pan over a medium heat. Add the broccoli and a pinch of salt, stir-frying until just turning golden. Remove from the heat. Heat the air fryer to 180°C/350°F.

**3** For the meatballs, put the bread and milk in a food processor. Add the turkey mince, soy sauce, spring onions, chilli and dill, then pulse until the mixture is well combined.

**4** Divide the mixture into 16 equal-sized pieces. Wrap each piece around a ball of mozzarella, transferring to a plate as you go. Air fry for 12 mins, turning halfway through.

**5** Meanwhile, prepare the couscous according to the pack instructions. When softened, stir in the oil, toasted broccoli and parsley, and season.

**6** Serve the couscous with 4 meatballs per portion, with a dollop of yoghurt, a sprinkling of lemon zest, extra herbs and sliced radishes on the side.

# LIGHTER CHICKEN MILANESE

*Pan-fried chicken with a crunchy, flavoursome crumb served with a rich, tomatoey pasta – just perfect!*

**SERVES** 2
**READY IN** 40 minutes

- **1½ tsp** olive oil, plus extra for brushing
- **2** garlic cloves, thinly sliced
- **400g** (14oz) tin cherry tomatoes
- **1 tbsp** balsamic vinegar
- **½ tsp** smoked paprika
- **125g** (4oz) bucatini spaghetti or other long pasta shape
- **2 tbsp** capers
- **2 tbsp** breadcrumbs
- **2 tbsp** finely grated Parmesan
- **½ tsp** dried oregano
- **2** skinless chicken breasts, seasoned
- **1 tbsp** fresh basil leaves or oregano

**1** Heat 1½ tsp oil in a pan with the garlic until fragrant. Add the tomatoes, balsamic vinegar and smoked paprika. Season with salt and black pepper. Bring up to a fast simmer, then turn down the heat and cook for around 20 mins, until reduced and saucy.

**2** Meanwhile, cook the pasta according to the pack instructions.

**3** Heat 1 tsp oil in a non-stick frying pan. Fry the capers for 3 mins, then stir in the breadcrumbs, toasting until golden. Transfer to a bowl and mix in the Parmesan, oregano and a grind of black pepper. Set aside. Heat the air fryer to 180°C/350°F.

**4** Brush the chicken with a little oil and seasoning, then air fry for 6 mins each side.

**5** Once the pasta is cooked, toss with the tomato sauce until well coated. Spoon the pasta onto the serving plates and garnish with fresh basil or oregano. Add the chicken, sliced, and top generously with the toasted breadcrumb mixture.

# THAI BEEF & NOODLES

*A super-speedy and satisfying option that's on the table in just 15 mins*

**SERVES** 4
**READY IN** 15 minutes

- **2 x 200g** (7oz) sirloin steaks
- Sesame oil for rubbing
- **300g** (10oz) cooked rice noodles
- **¼** cucumber, deseeded and cut into half moons
- **250g** (9oz) cherry plum tomatoes, halved
- **6** spring onions, finely sliced
- Handful Thai (or regular) basil leaves, torn, plus extra to serve
- Handful coriander leaves, chopped, plus extra to serve
- Handful fresh mint leaves, chopped, plus extra to serve
- **1** baby gem lettuce, leaves separated
- **2 tbsp** salted peanuts, chopped, to serve (optional)

### FOR THE DRESSING

- **4 tbsp** sesame oil
- **½–1** red chilli, finely chopped (the rest sliced to serve, optional)
- **2 tsp** palm sugar or demerara
- Juice **2** limes, plus extra wedges to garnish
- **2 tsp** fish sauce

**1** Take the steaks out of the fridge 10 mins ahead of cooking. Rub the steaks with sesame oil. Heat the air fryer to 180°C/350°F. Air fry for 5 mins, then flip and cook for 4 mins, for medium rare. Set aside to rest.

**2** Meanwhile, toss the noodles and remaining salad ingredients in a large bowl or on a platter.

**3** Mix together the dressing ingredients in a jar or whisk in a bowl. Toss most of the dressing with the salad. Slice the steak thinly, then arrange on top of the noodles/veg and drizzle over the remaining dressing.

**4** Serve on the platter or on plates with the extra herbs and nuts, if using.

# ROAST CHICKEN CAESAR

*This size of chicken fits most air fryers. The key is not to buy one so big that it touches the heating element. A meat thermometer will give an accurate reading of doneness*

**SERVES** 4
**READY IN** 1 hour 20 minutes, plus resting

- **6** anchovies, mashed to a paste
- **1** whole garlic bulb, plus 2 extra cloves, finely grated
- **5 tbsp** mayonnaise
- **2 tbsp** Dijon mustard, plus more for serving
- **2 tbsp** olive oil
- **2** lemons, zest and juice 1
- **1.5kg** (3lb) whole chicken
- **200g** (7oz) bread, torn into bite-size chunks
- **6** rashers streaky bacon
- **2 tbsp** Parmesan cheese, finely grated, plus extra shaved, to serve
- **2** romaine lettuce hearts, leaves separated, torn

**1** Heat the air fryer to 180°C/350°F. Mix together the anchovies, the grated garlic cloves, 3 tbsp mayo, 1 tbsp mustard, 1 tbsp oil, and plenty of ground black pepper until smooth.

**2** Halve 1 lemon and stuff in the cavity of the chicken. Put the chicken into the air fryer breast side down, and roast for 40 mins. Turn it breast side up. Set aside 1 tbsp anchovy mayo and brush the rest over the chicken. Roast for a further 30 mins or until the thigh juices run clear. Set aside to rest. Pour any juices in the air fryer into a small saucepan.

**3** Meanwhile, trim the top of the garlic bulb, wrap in foil with a drizzle of oil and roast it by the chicken for 30 mins. Air fry the bacon for 3 mins a side. Toss the bread with a little oil, and air fry for 3 mins, giving the basket a shake.

**4** Squeeze out the roasted garlic and mix half with the pan juices.

**5** Mix the remaining roasted garlic, mayo, mustard, oil, lemon zest and juice, reserved anchovy mixture and Parmesan in a large bowl. Season to taste, then toss in the romaine. Break up the bacon and add to the salad bowl, along with the crispy croutons. Transfer to a serving platter. Carve the chicken and add to the platter. Shave over some extra Parmesan to serve.

# STICKY HALLOUMI, WATERMELON & FREEKEH

*Refreshingly light with the addition of salty halloumi, this one would be great to scale up for a crowd*

**SERVES** 4
**READY IN** 40 minutes

- **200g** (7oz) freekeh (or wholewheat couscous, made to pack instructions)
- **1½ tbsp** runny honey
- **1 tsp** sumac, plus extra to serve
- **225g** (8oz) block of halloumi, sliced into 4, lengthways
- **3 tbsp** extra virgin olive oil
- Large handful basil leaves, roughly chopped, plus extra leaves to serve
- Olive oil spray
- ½ small baby watermelon, cut into bite-size pieces
- ½ cucumber, halved, seeds scooped out and cut into bite-sized chunks
- Pomegranate molasses, to drizzle (optional)

**1** Put the freekeh into a medium pan with 1 tsp sea salt and cover with 3cm (1¼in) of water above the grain line. Bring to the boil, cover and reduce the heat, and simmer until tender, about 15 mins. Drain if necessary, then set aside to cool in a bowl.
**2** Mix the honey and 1 tsp sumac in a bowl. Add the halloumi, turning to coat. Set aside.
**3** In a small non-stick frying pan, heat the oil and add the basil leaves, cooking until fragrant and wilted. Pour most of the hot basil-infused oil and leaves into the freekeh, with seasoning, tossing to coat.
**4** Heat the air fryer to 200°C/400°F. Spray the halloumi with oil, then cook for 6 mins, turning halfway through.
**5** Spoon the freekeh onto a serving platter, then top with the melon and cucumber. Tear the warm halloumi, and scatter on top of the salad, then drizzle with pomegranate molasses, if using, and extra basil and sumac.

# THE HALF & HALF BURGER

*Upgrade classic beef patties with hidden veggies. They're lower in saturated fat and extra juicy, too. You can grate the vegetables in a food processor, to speed things up*

**SERVES** 8
**READY IN** 45 minutes

- **8** ciabatta rolls
- **1** garlic clove, peeled and halved
- **4 tbsp** light mayonnaise
- **1 tbsp** sun-dried tomato paste
- Lettuce leaves
- **1** beef tomato, cut into 8 slices
- Pickled gherkins, sliced

**FOR THE BURGERS**
- **400g** (14oz) lean beef mince
- **1** red onion, coarsely grated
- **250g** (9oz) chestnut mushrooms, coarsely grated
- **1** carrot, coarsely grated
- **1** medium egg, beaten
- **4 tbsp** wholemeal breadcrumbs
- **1 tsp** flaked sea salt
- **1 tsp** smoked paprika

**1** Mix together the burger ingredients, and firmly shape into 8 patties.

**2** Heat the air fryer to 190°C/375°F. You'll probably need to cook the burgers in two batches, but just cover the first batch with foil, to keep warm. Cook for 8 mins, turning halfway through.

**3** Cut the buns in half and toast the cut sides in the air fryer for a few minutes.

**4** Rub the garlic clove over the warm bread. Mix the mayonnaise with the tomato paste to combine.

**5** Put the lettuce and tomatoes on the base of the buns and top each with a burger. Spoon over the dressing, add a few slices of pickled gherkin and top with the bun lids to serve.

# MARINATED CHICKEN BREAST WITH CABBAGE SLAW

*It's worth setting an hour aside to marinate the chicken, which keeps it juicy and super tender, with no risk of drying out*

**SERVES** 4
**READY IN** 30 minutes, plus marinating

- **1 tbsp** tomato purée
- **1** garlic clove, crushed
- **1 tbsp** dried oregano
- **3 tbsp** tahini
- **200g** (7oz) Greek yoghurt
- Juice **1** lemon
- **1 tsp** chilli flakes
- **4** boneless, skinless chicken breasts
- **¼** red cabbage, thinly shredded
- Bunch spring onions, thinly sliced
- **½** cucumber, thinly sliced
- **100g** (3½oz) green olives, pitted and halved
- **4** large tomatoes, quartered
- Small bunch mint, leaves picked, plus extra to serve
- **2–3 tbsp** white or red wine vinegar
- **2 tbsp** extra virgin olive oil, plus extra to drizzle
- **100g** (3½oz) feta, crumbled, to serve

**1** In a large bowl, mix together the tomato purée, garlic, oregano, tahini, 100g (3½oz) yoghurt, lemon juice and chilli. Season. Add the chicken, tossing to coat. Leave to marinate in the fridge for at least 1 hr.
**2** Mix the cabbage in a bowl with the spring onions, cucumber, olives and tomatoes. Add the remaining yoghurt, the mint, vinegar and seasoning.
**3** Heat the air fryer to 200°C/400°F. Bake the chicken on a silicone mat for 6 mins a side. Leave to rest for a few mins, then slice. Serve with the cabbage slaw, topped with feta, a drizzle of oil and mint leaves.

# SIDES

82
CORN RIBS
·
83
GARLICKY STUFFED MUSHROOMS
·
85
CHARRED BROCCOLI & CHICKPEA SALAD
·
85
CHICKPEA, BROCCOLI & ROCKET SALAD with CRISPY BACON
·
86
PICCALILLI SALAD
·
87
ROASTED FENNEL & CARROTS
·
88
ROAST BABY POTATOES with ONION, BALSAMIC & PARMESAN
·
89
CHARRED VEGETABLES with BAGNA CÀUDA
·
90
AUBERGINE & SQUASH CAPONATA
·
92
ROASTED RADISHES with SPRING ONIONS

93
CREAMY LEEK & BROCCOLI GRATIN

•

95
DUCK FAT CHIPS with THYME & OREGANO SALT

•

95
RED RICE & ROOTS

•

96
ULTIMATE GARLIC BREAD

•

97
SOURDOUGH SALAD with PEPPERS & TOMATOES

•

99
WARM HUMMUS & SPICED GRILLED VEGGIES

•

101
CHARRED CABBAGE with ALMONDS, POMEGRANATE & TAHINI

•

101
EASY CHEESY POTATOES

•

102
ROASTED VEGETABLES SICILIAN-STYLE

•

103
ROASTED CRUNCHY TOMATOES

•

104
ROAST CAULIFLOWER with HARISSA CRUMB

•

105
SQUASH & GOAT'S CHEESE SALAD

•

106
MAC 'N' VEG BAKE

•

107
ROASTED PUMPKIN with A WALNUT, ORANGE & PARSLEY DRESSING

# CORN RIBS

*These take a little patience, but they look great and it's a perfect way to share*

**SERVES** 4
**READY IN** 35 minutes

- **2** corn on the cob
- **5 tbsp** sour cream
- **2 tbsp** chopped chives
- **2 tsp** hot smoked paprika
- **1 tbsp** flat leaf parsley

**1** Cut corn into ribs by standing them vertically and then cutting from above into quarters with a sharp knife.
**2** Toss them in a mixture made from soured cream, chopped chives, hot smoked paprika, parsley and seasoning and leave to marinate for an hour.
**3** Heat the air fryer to 160°C/300°F, then roast the corn ribs on a silicone or parchment liner for 15 mins.

# GARLICKY STUFFED MUSHROOMS

*Mushrooms are cooked in no time in the air fryer, and need just a spray of olive oil*

**SERVES** 4
**READY IN** 30 minutes

- **8** large flat mushrooms, either portobello or field variety
- Olive oil spray
- **50g** (2oz) butter
- **1 tbsp** extra virgin olive oil
- **4** garlic cloves, crushed
- **150g** (5oz) frozen broad beans
- **1** bunch spring onions, trimmed and thinly sliced
- **75g** (3oz) feta cheese, crumbled
- **1 tsp** lemon thyme, leaves picked
- **1 tsp** finely chopped mint

**1** Heat the air fryer to 180°C/350°F. Spray the basket with oil. Wipe the mushrooms and place them stalks upwards on a tray. Melt the butter in a small pan with 1 tsp olive oil. Add the garlic, a sprinkling of salt and plenty of black pepper and heat gently for 20 secs. Spoon over the mushrooms and bake for 7 mins.

**2** Meanwhile, cook the broad beans in plenty of boiling water until tender (around 3 mins). Drain and cool slightly before popping out of their skins. You can use them as they are but the skins can be slightly tough and the beans inside are a stunning colour.

**3** Heat a little oil in the pan and fry the spring onions for 1 min. Transfer to a bowl and stir in the feta, thyme, mint, broad beans and a little seasoning. Pile on to the mushrooms and drizzle with the remaining oil.

**4** Return the mushrooms to the air fryer for 2-3 mins and transfer to serving plates.

# CHARRED BROCCOLI & CHICKPEA SALAD

*Roasting the broccoli adds a great smoky flavour to this hearty salad. Serve as a veggie main or a tasty side for barbecued meats or fish*

**SERVES** 4
**READY IN** 30 minutes

- **400g** (14oz) tin chickpeas, drained and rinsed
- **1** red onion, cut into wedges
- **2 tsp** baharat or garam masala spice mix
- **3 tbsp** olive oil
- **1** large broccoli crown
- Mint leaves, to garnish

**FOR THE DRESSING**

- Juice of **1** lime
- **4 tbsp** crunchy peanut butter
- **3 tbsp** water

**1** Heat the air fryer to 200°C/400°F. Toss together the chickpeas, onion, spice mix and 1 tbsp oil, season with salt. Air fry for 10 mins, shaking the drawer a few times. Set aside.
**2** Cut through the broccoli and stalk to make 2cm (¾in) thick pieces. Microwave on high with a little water for 8 mins. Turn the air fryer down to 190°C/375°F. Coat the broccoli in the remaining oil, then air fry for 12 mins, turning halfway through, until charred.
**3** Meanwhile, mix the ingredients for the dressing together, adding more water to the mix if required.
**4** Arrange the broccoli on a serving platter, then scatter over the chickpea and onion mix. Drizzle over the dressing, sprinkle over the mint leaves to garnish, then serve warm or at room temperature.

# CHICKPEA, BROCCOLI & ROCKET SALAD WITH CRISPY BACON

*Air frying bacon is quick and easy, giving a perfectly crisp result*

**SERVES** 6
**READY IN** 15 minutes

- **200g** (7oz) smoked streaky bacon
- **250g** (9oz) tenderstem broccoli
- **660g** (1lb 7oz) jar chickpeas, drained and rinsed
- **4** roasted red peppers (from a jar), cut into strips
- A large handful of rocket

**FOR THE DRESSING**

- **6 tbsp** extra virgin olive oil
- **3 tbsp** sherry vinegar

**1** Heat the air fryer to 180°C/350°F. Air fry the bacon for 3 mins each side. Blanch the broccoli in boiling, salted water for 3 mins, then drain and refresh under cold running water.
**2** Whisk together the dressing ingredients and season. Toss the broccoli, chickpeas, peppers and rocket in the dressing. Put into a serving bowl then roughly chop the bacon or snip with scissors and scatter over.

# PICCALILLI SALAD

*Our tangy dressing gives a subtle kick to crunchy veg in this showstopper salad*

**SERVES** 8-10
**READY IN** 40 minutes

- **1** cauliflower, a quarter grated, the remainder cut into little florets
- **4 tbsp** olive oil
- **½ tsp** turmeric
- **4** baby gem lettuces, each cut into 4 wedges
- **2** courgettes, sliced into 2cm (¾in) chunks
- **200g** (7oz) green beans, cut into quarters, diagonally
- **20** silverskin onions
- **1 tsp** chilli flakes

## FOR THE DRESSING

- **4 tbsp** piccalilli
- **250g** (9oz) strained Greek yoghurt
- **½ tsp** turmeric
- **¼ tsp** sea salt

**1** Heat the air fryer to 180°C/350°F. Toss the cauliflower florets with half the oil, the turmeric and seasoning. Roast for 12 mins, shake halfway through, then set aside. Toss the lettuce, courgettes and green beans with the remaining oil and season. Roast in the air fryer for 4 mins.
**2** Meanwhile, in a small food processor or using a stick blender, whizz all the dressing ingredients until smooth, seasoning to taste. Transfer to a large bowl and mix in the grated cauliflower.
**3** If serving warm, toss the veg and silverskin onions with the dressing, or leave the roasted veg to cool before mixing everything together and scattering over the chilli flakes to serve.

# ROASTED FENNEL & CARROTS

*Carrots and fennel become sweet and caramelised when roasted, making the perfect accompaniment to rich meat like pork*

**SERVES** 4
**READY IN** 25 minutes

- **250g** (9oz) **carrots, peeled and sliced in half**
- **1 fennel bulb, quartered**
- **2 tbsp** olive oil
- **½ tsp** sumac, or juice ½ lemon

**1** Heat the air fryer to 180°C/350°F. Toss the carrots and fennel with the olive oil. Sprinkle over the sumac.
**2** Roast for 15 mins until the vegetables are cooked through and just charred.
**3** Remove and serve.

# ROAST BABY POTATOES WITH ONION, BALSAMIC & PARMESAN

*The air fryer roasts these little potatoes in less than half the time of a conventional oven*

**SERVES** 4
**READY IN** 35 minutes

- **750g** (1½lb) baby new potatoes
- **2** small red onions, cut into thick wedges
- **3 tbsp** olive oil
- **1 tsp** sea salt
- **3 tbsp** balsamic vinegar
- **3-4** sprigs rosemary, leaves picked
- **2 tbsp** Parmesan cheese

**1** Heat the air fryer to 200°C/400°F. In a large bowl, toss the potatoes and onions with the oil. Season with salt.

**2** Roast for 20 mins, shaking the basket a few times during cooking, then remove to a serving bowl. While piping hot, drizzle with the vinegar, scatter over the rosemary and grate over the Parmesan.

# CHARRED VEGETABLES WITH BAGNA CÀUDA

*You will have to cook the vegetables in batches, depending on the size of your air fryer, so we've given timings for each one, as they all cook at different times*

**SERVES** 4
**READY IN** 30 minutes

- **12** small carrots, halved
- **12** radishes, halved
- **2** small heads baby fennel, trimmed
- **2** little gem hearts, quartered
- **2** bunches asparagus, trimmed
- Olive oil spray

## FOR THE BAGNA CÀUDA

- **50g** (1¾oz) unsalted butter
- **4** large garlic cloves, crushed
- **50g** (1¾oz) anchovies, drained
- **100ml** (3½fl oz) extra virgin olive oil
- **2 tbsp** chopped fresh parsley

**1** First make the bagna càuda. Heat the butter and garlic in a small pan and cook gently for 4-5 mins until the garlic is soft. Add the anchovies, stir well and pour in the oil. Simmer for 8-10 mins, stirring occasionally until the sauce is almost creamy. Stir in the parsley, and keep warm.
**2** Spray the vegetables with a little oil. Heat the air fryer to 180°C/350°F. The carrots, radishes and fennel take 10 mins, the little gem and asparagus 5 mins. Give the basket a shake halfway through.
**3** Serve the vegetables drizzled with the bagna càuda or dip them into the sauce.

# AUBERGINE & SQUASH CAPONATA

*You will need to roast the vegetables in batches, but they can be quickly reheated in the air fryer to serve*

**SERVES** 6
**READY IN** 40 minutes

- **3** aubergines, halved
- **4 tbsp** olive oil
- **350g** (12oz) squash or pumpkin, deseeded and sliced

## FOR THE TOMATO SAUCE

- **1 tbsp** olive oil
- **1** onion, chopped
- **1** celery stick, diced
- **2** garlic cloves, crushed
- **½** a bunch of basil, plus stalks, chopped
- **2 tbsp** tomato purée
- **½** a red chilli, deseeded and chopped
- **200ml** (7fl oz) carton tomato passata

## TO SERVE

- **2 tbsp** capers, drained
- **2 tbsp** pine nuts, toasted
- **30g** (1oz) olives, chopped
- **60g** (2oz) fresh white breadcrumbs

**1** Heat the air fryer to 200°C/400°F. Brush the aubergines with 3 tbsp oil, then roast cut side up for 15 mins, until tender. Toss the squash in the remaining oil and roast for 15-18 mins. Shake halfway through.
**2** Meanwhile, heat the remaining oil in a pan and gently sweat the onion and celery for 10 mins, until soft. Add the garlic, basil stalks, tomato purée and chilli for 2 mins. Stir through the passata. Season well. Gently simmer for 10 mins.
**3** To serve, spread the aubergine and squash, or pumpkin, over a platter, spoon over the hot tomato sauce. Scatter over the capers, pine nuts, olives, basil leaves and breadcrumbs.

# ROASTED RADISHES WITH SPRING ONIONS

*The pepperiness of radishes mellows significantly when roasted, while the butter helps to bring out their sweetness*

**SERVES** 6
**READY IN** 20 minutes

- **500g** (1lb 2oz) radishes, larger ones halved, trimmed
- **12** spring onions
- **4** sprigs thyme, torn
- **1 tbsp** olive oil
- **45g** (1½oz) salted butter
- Juice of ½ lemon

**1** Heat the air fryer to 180°C/350°F. Mix together the radishes with the spring onions, thyme and oil. Season well.

**2** Air fry for 15 mins, giving them a shake now and again. Remove to a serving dish, then toss through the butter and lemon juice.

# CREAMY LEEK & BROCCOLI GRATIN

*A cheesy sauce makes the greens shine. If you have a 'bake' setting on your air fryer, set it for this recipe*

**SERVES** 6-8
**READY IN** 25 minutes

- **150g** (5oz) pancetta rashers
- **30g** (1oz) butter
- **3 tbsp** plain flour
- **500ml** (16fl oz) whole milk, warmed
- **75g** (2½oz) Gruyère cheese
- **3** medium leeks, cut into thirds
- **150g** (5oz) tenderstem broccoli, trimmed
- **3-4** thyme sprigs, leaves picked
- **2 tbsp** fresh breadcrumbs

## YOU WILL NEED

- An ovenproof dish which fits your air fryer, around **20cm** (8in)

**1** Heat the air fryer to 180°C/350°F. Cook the pancetta for 2 mins each side, then set aside. Turn the temperature down to 160°C/300°F.

**2** Melt the butter in a medium saucepan, stir in the flour and seasoning, and cook for a few minutes. Whisk in the warm milk, to make a smooth sauce, and heat until thickened, stirring. Stir in 50g (1¾oz) of the cheese until melted.

**3** Blanch the leeks and broccoli in a large pan of boiling water for 4-5 mins. Drain.

**4** Stir most of the pancetta and all the thyme into the cheese sauce. Arrange the veg in the dish, pour over the sauce and sprinkle over the remaining pancetta, cheese and the breadcrumbs.

**5** Bake for 15 mins, or until piping hot and bubbling.

# DUCK FAT CHIPS WITH THYME & OREGANO SALT

*An air fryer can produce fabulous chips with much less fat. Most air fryers have a pre-set programme, or follow our guidelines. So tasty with steak!*

**SERVES** 2-3
**READY IN** 35 minutes, plus soaking

- **2 tbsp** duck or goose fat, melted
- **4** sprigs fresh thyme
- **4** large baking potatoes, peeled
- **1 tbsp** sea salt
- **2 tsp** chopped fresh thyme
- **1 tsp** dried oregano
- Crushed black pepper

**1** Cut the potatoes into 1cm (½in) chips, as evenly as you can. Immerse them in a bowl of cold water and leave in the fridge for 30 mins. This draws out the starch and makes for a crisper chip. Heat the air fryer to 180°C/350°F (or use the pre-set). Drain and dry well on a clean tea towel. Toss them in the melted duck fat.

**2** Tip them in a single layer into the air fryer (you may need two batches) and fry for 15 mins, shaking once. If they aren't browned enough, increase the temperature to 200°C/400°F and cook for a further 5 mins.

**3** Transfer to serving bowls, mix the herbs with the salt then scatter over the chips.

# RED RICE & ROOTS

*A deliciously earthy salad, great as a starter or as a dish for a party buffet*

**SERVES** 4
**READY IN** 2 hours

- **450g** (1lb) raw beetroot
- **150g** (5oz) red rice
- Grated zest and juice of **1** orange
- **2 tbsp** olive oil
- **2 tbsp** shelled pistachios, roughly chopped
- **100g** (3½oz) feta cheese, crumbled
- Good handful of mint leaves, roughly chopped/torn or whole

**1** Heat the air fryer to 200°C/400°F. Trim the beetroot, leaving a little bit of stalk on them, then wrap in foil leaving space for air to circulate, but seal well, then air fry for up to 1 hr 30 mins, depending on size, until tender.

**2** Meanwhile, add rice to a pan of boiling water and simmer for 30 mins. Drain and cool.

**3** While still warm, peel, quarter and slice the beetroot and put in a large bowl with the orange zest and juice, and the oil.

**4** Add the rice, pistachios, feta cheese and mint. Season well. Mix in gently.

# ULTIMATE GARLIC BREAD

*A buttery, garlicky loaf is ready in no time in the air fryer. You can always save time by buying ready made garlic butter from the store*

**SERVES** 8
**READY IN** 12 minutes

- **2** small baguette loaves (they should fit side-by-side in your air fryer)
- **100g** (3½oz) softened butter
- **3-4** garlic cloves, crushed
- **60g** (2oz) grated Parmesan
- **100g** (3½oz) pitted green olives, chopped
- **3** sprigs each rosemary, sage, parsley, basil and bay leaves

**1** Heat the air fryer to 180°C/350°F. Make incisions, about 2cm (¾in) apart, into the baguettes, making sure not to cut all the way through.

**2** Blitz the butter, crushed garlic and Parmesan together until combined, and season well. Mix through the chopped olives. Spread the butter mixture between each incision.

**3** Place on two sheets of foil and fill the incision with herb sprigs. Drizzle with a little olive oil and sprinkle over some salt and black pepper, then seal well in the foil. Bake in the air fryer for 6 mins, then fold back the foil and bake for a further minute or until golden and crispy.

# SOURDOUGH SALAD WITH PEPPERS & TOMATOES

*Traditionally, this uses slightly stale bread if you have it – or just leave the bread chunks in a bowl for a few hours*

**MAKES** 4-6
**READY IN** 20 minutes

- **300g** (10oz) jar roasted peppers (3 large peppers)
- **250g** (9oz) cooking chorizo
- **2 tbsp** olive oil
- **150g** (5oz) sourdough bread (around half a small loaf), torn into small chunks
- **300g** (10oz) ripe tomatoes
- **2 tbsp** red wine vinegar
- **4 tbsp** flat-leaf parsley, chopped

**1** Cut the peppers into chunks. Heat the air fryer to 200°C/400°F. Slice the chorizo but keep it chunky. Put it into a dish which fits your air fryer. Cook for 8 mins, turning halfway through. Remove from the dish with a slotted spoon. Add the olive oil to the chorizo oil.

**2** Toss the chunks of bread in the oil, then air fry for 4 mins, shaking halfway through, until crisp and crunchy. Roughly chop the tomatoes. Put all these ingredients into a large bowl, then add the vinegar. Season well. Add the parsley just before serving.

# WARM HUMMUS & SPICED ROASTED VEGGIES

*You'll need to roast the vegetables in two batches for this dish*

**SERVES** 4
**READY IN** 25 minutes

- **2** large carrots, peeled, cut lengthways, then sliced diagonally into large chunks
- **2** red onions, quartered though the root
- **1** head of broccoli, separated into florets
- **1 tbsp** Moroccan or Lebanese spice (we used ras el hanout)
- **2 tbsp** olive oil
- **400g** (14oz) tin chickpeas, drained and the liquid reserved
- **¼ tsp** bicarbonate of soda
- **4 tbsp** tahini
- **2** small garlic cloves, chopped
- Juice of ½ lemon, or to taste

### TO SERVE

- **2 tsp** olive oil
- **½ tsp** Moroccan or Lebanese spice
- Few sprigs flat-leaf parsley or mint leaves, roughly chopped, to serve (optional)
- Flatbreads or pittas, toasted

**1** Heat the air fryer to 180°C/350°F. Toss the vegetables with the spice blend, salt and pepper and 1 tbsp of the oil. Air fry the carrots and onions for 12 mins, set aside, then turn up the heat to 200°C/400°F and cook the broccoli for 5 mins. Shake the basket for all the vegetables halfway through cooking.

**2** Put the chickpeas into a saucepan with 100ml (3½fl oz) reserved liquid from the tin and the bicarbonate of soda. Simmer for 5 mins.

**3** Add the tahini, garlic, lemon juice and 1 tbsp olive oil to the saucepan. Using a hand blender, whizz to a smooth consistency. Season with salt.

**4** Serve the hummus spooned onto a platter or divided between 4 plates, topped with the grilled vegetables. Mix the 2 tbsp olive oil and spice mix, and drizzle over, then scatter with the parsley, if using. Serve with flatbreads or pittas.

# CHARRED CABBAGE WITH ALMONDS, POMEGRANATE & TAHINI

*The tahini and pomegranate seeds in this dish give a Mediterranean feel. Sweetheart cabbage is a heart-shaped sweet summer cabbage also known as hispi or pointed cabbage*

**SERVES** 4
**READY IN** 25 minutes

- **1** sweetheart cabbage, cut into quarter wedges
- **2 tbsp** olive oil

**FOR THE TAHINI DRESSING**

- **3 tbsp** tahini
- Juice of **1** lemon
- **1 tbsp** white wine vinegar
- **1 tbsp** maple syrup

**TO SERVE**

- **30g** (1oz) toasted flaked almonds
- **2 tbsp** pomegranate seeds

**1** Heat the air fryer to 150°C/275°F. Coat the cabbage wedges well with the oil and season. Roast for 12-15 mins, depending on the size, until blackened and wilting.
**2** To make the tahini dressing, mix together the ingredients until a thick paste forms, then thin carefully with 3-4 tbsp of cold water until the dressing is smooth and runny. Season with salt and pepper and drizzle over the charred cabbage.
**3** Top with the toasted flaked almonds and pomegranate seeds to serve.

# EASY CHEESY POTATOES

*If you have a food processor or mandolin, the potatoes will be perfectly sliced in no time*

**SERVES** 3-4
**READY IN** 2 hours

- **90g** (3oz) butter
- **600g** (1¼lb) potatoes, peeled and thinly sliced
- **250ml** (8fl oz) hot vegetable stock
- **30g** (1oz) butter
- **90g** (3oz) red Leicester cheese, grated

**YOU WILL NEED**

- Around **750ml** (1¼pt) ovenproof dish

**1** Heat the air fryer to 200°C/400°F. Rub a little of the butter around the ovenproof dish.
**2** Layer up the potatoes, seasoning as you go, while pouring over a little vegetable stock and dotting each layer with butter.
**3** Top with grated cheese. Cover with greased foil and bake for 1 hour 30 mins. Remove the foil and cook for 5 mins longer, until the potatoes are tender.

# ROASTED VEGETABLES SICILIAN-STYLE

*Bursting with flavour, this is how you do veg like a true Italian!*

**SERVES** 4
**READY IN** 30 minutes

- **12** small shallots, peeled but leave the root intact
- **1** bulb of garlic, separated into unpeeled cloves
- **1** aubergine, trimmed and chopped
- Olive oil spray
- **250g** (9oz) cherry tomatoes on the vine
- **2 tbsp** pine nuts
- **2 tbsp** sultanas
- **200g** (7oz) green olives
- **2 tbsp** balsamic vinegar
- Handful of basil leaves

**1** Heat the air fryer to 180°C/350°F. Spray the shallots, garlic and aubergine with oil. Cook in the air fryer for 15 mins, until the shallots are browning, giving the basket a shake halfway through.
**2** Add the tomatoes and pine nuts, shake to mix, then cook for a further 3-5 mins. Remove everything to a serving bowl.
**3** Add the sultanas and olives, drizzle with the balsamic vinegar and stir in gently. Garnish with basil and serve warm.

# ROASTED CRUNCHY TOMATOES

*These tasty little guys would make a great warm salad when served with green leaves or have them as a side to your main meal, You may need to roast them in two batches, depending on the size of your air fryer*

**SERVES** 3
**READY IN** 20 minutes

- **6** ripe medium-sized tomatoes
- A little sugar
- **6 tbsp** fresh breadcrumbs
- **1** garlic clove, peeled and finely chopped
- Zest of **1** lemon
- **1 tbsp** fresh thyme leaves or fresh chopped parsley
- **3 tbsp** virgin olive oil

**1** Heat the air fryer to 180°C/350°F. Halve the tomatoes and put them cut side up in a baking dish.

**2** Season well with salt, pepper and a few pinches of sugar. Mix together the breadcrumbs, garlic, lemon zest, thyme and the olive oil.

**3** Divide the crumb mixture between the tomatoes.

**4** Bake for 12 mins until the crumbs are browned. Garnish with the rest of the lemon zest and a few sprigs of fresh thyme or parsley leaves, if you like. Serve warm as a starter with garlic bread or focaccia or as a vegetable side.

# ROAST CAULIFLOWER WITH HARISSA CRUMB

*A side dish with real wow factor. Turn it into a main meal by adding some crumbled feta cheese to serve*

**SERVES** 6-8
**READY IN** 30 minutes

- **1** large cauliflower, cut into 8 wedges, leaves reserved
- **4 tbsp** olive oil
- **50g** (1¾oz) salted butter
- **½ tsp** cumin seeds, toasted and ground
- **1 tsp** each coriander seeds and fennel seeds, toasted and ground
- **2 tbsp** harissa paste
- **3 tbsp** breadcrumbs, toasted in a dry frying pan
- Small bunch parsley, roughly chopped
- Small bunch mint, roughly chopped
- **1 tbsp** capers

## FOR THE DRIZZLE

- **3 tbsp** tahini
- **1 tbsp** olive oil
- Squeeze lemon juice

**1** Microwave the cauliflower with a splash of water on high for 4 mins, then brush with oil and season. Heat the air fryer to 180°C/350°F. Roast for 12 mins, shaking the basket occasionally, then add the leaves and cook for a further 2-3 mins .
**2** Put the butter in a small saucepan. Cook over a medium heat until it begins to foam and smells nutty. Remove from the heat. Add the toasted spices and harissa, mixing to combine. Stir in the breadcrumbs.
**3** Mix the drizzle ingredients together, season generously and add a splash of water to create a honey-like consistency.
**4** Transfer the cauliflower wedges and leaves to a serving platter, scatter over the harissa crumb, spoon over the tahini drizzle and scatter with the herbs and the capers.

# SQUASH & GOAT'S CHEESE SALAD

*Use more than one type of seasonal squash for a really appetising plate*

**SERVES** 4
**READY IN** 25 minutes

- **500g** (1lb 2oz) squash, deseeded and sliced
- **2** red onions, sliced
- Olive oil spray
- **250g** (9oz) cooked red and white quinoa
- **400g** (14oz) can chickpeas, drained and rinsed
- A handful each of parsley and coriander, chopped
- Juice of **1** lemon
- **100g** (3½oz) soft goat's cheese

**1** Heat the air fryer to 180°C/350°F. Spray the squash and onion with oil, put the onions beneath the squash. Season with salt and freshly ground black pepper, and roast for 15 mins, shaking the basket halfway through, until cooked through.

**2** Warm the quinoa according to the pack instructions, tip into a large bowl and stir with a fork to break up any clumps. Stir through the roasted onions, chickpeas, herbs and lemon juice.

**3** Spoon the quinoa mixture onto a serving plate and top with warm squash and crumbled goat's cheese to serve.

# MAC 'N' VEG BAKE

*Buying a ready-made cheese sauce makes speedy work of a midweek favourite*

**SERVES** 4
**READY IN** 30 minutes

- **200g** (7oz) pasta shapes
- **750ml** (1¼pt) cheese sauce
- **150g** (5oz) cauliflower, separated into small florets
- **50g** (1¾oz) curly kale
- **1** courgette, grated
- **2 tsp** light olive oil
- **75g** (2½oz) grated cheese (eg Cheddar, Parmesan, Gruyère)

**1** Cook the pasta shapes according to the pack instructions, then drain and mix with the cheese sauce. Meanwhile, steam the cauliflower florets for 5 mins, adding the curly kale for the last 2 mins.

**2** Stir the vegetables into the pasta, then tip the mixture into a baking dish, which fits your air fryer, around 20cm (8in). Heat the air fryer to 180°C/350°F

**3** Grate the courgette and toss with the olive oil. Scatter the grated courgette over the pasta, then top with the grated cheese. Bake for 15 mins, until the cheese is golden and everything is piping hot.

# ROASTED PUMPKIN WITH A WALNUT, ORANGE & PARSLEY DRESSING

*A sweet, slightly spicy dressing works well with roasted pumpkin or squash*

**SERVES** 4
**READY IN** 20 minutes

- **500g** (1lb 2oz) pumpkin or butternut squash, cut into 2cm (¾in) slices
- **1 tbsp** olive oil

**FOR THE DRESSING**

- **2 tbsp** walnuts, chopped
- Generous handful flat-leaf parsley, chopped
- **1** garlic clove, finely chopped
- A good pinch of chilli flakes
- **4 tbsp** olive oil
- Juice and grated zest of **1** small orange

**1** Combine all the dressing ingredients and season with salt and pepper to taste. set aside. Heat the air fryer to 180°C/350°F.

**2**. Toss the pumpkin or squash with the olive oil and seasoning. Air fry for 15 mins, shaking once during cooking. To serve, arrange the slices on a platter and spoon over some of the dressing. Serve the remaining dressing on the side, as it also goes really well with roast meat and potatoes.

# SOMETHING SWEET

110
COFFEE & PISTACHIO SANDWICH
•
113
RHUBARB & CUSTARD CREAMS
•
113
LEMON & RHUBARB POSSET
•
114
BLACKENED BANANAS WITH ICE CREAM & COCONUT TOFFEE SAUCE
•
115
ALMOND MACAROONS
•
116
JAMMY COCONUT SPONGE

117
WARM PEACHES, LABNEH & BERRY GRANITA

•

118
BEST BLUEBERRY CRUMBLE MUFFINS

•

119
MALTESER SHORTBREAD

•

121
LEMON RICOTTA CHEESECAKE

•

122
GUILT-FREE CHOCOLATE SOUFFLÉ

•

123
FRUIT GALETTE

•

124
DOUBLE CHOCOLATE SALTED PECAN SQUARES

•

125
RASPBERRY THUMBPRINT COOKIES

•

126
HAZELNUT SANDWICH COOKIES

•

127
LEMON & LIME DRIZZLE CAKE

•

129
MARS BAR COOKIES

•

129
PISTACHIO & LEMON BARS

# COFFEE & PISTACHIO SANDWICH

*This easy cake is dairy-free and vegan, a twist on a classic coffee sponge. You'll have to bake the two cakes separately in the air fryer*

**SERVES** 10-12
**READY IN** 55 minutes, plus cooling

## FOR THE CAKE

- **250ml** (8fl oz) unsweetened soy milk
- **1 tsp** white wine or cider vinegar, or lemon juice
- **2 tbsp** instant coffee powder
- **1 tbsp** finely ground chia seeds (about 2 tsp seeds, ground in a pestle and mortar until fine)
- **5 tbsp** extra virgin olive oil
- **300g** (10oz) self-raising flour
- **½ tsp** baking powder
- **175g** (6oz) caster sugar

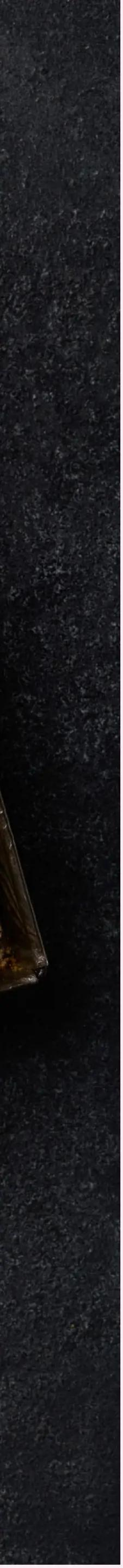
## FOR THE FILLING:

- **175g** (6oz) icing sugar, sifted, plus 50g (1¾oz) for the decoration
- **90g** (3oz) very soft vegan butter
- **1 tsp** vanilla extract or paste
- **2 tbsp** shelled pistachios, very finely chopped, plus **2 tbsp** extra to decorate
- **2 tbsp** dried sour cherries or cranberries, roughly chopped

## YOU WILL NEED:

- **2 x 20cm** (8in) loose-bottomed cake tins, greased and fully lined

**1** In a jug, whisk the soy milk, vinegar, coffee powder, chia seeds and oil until smooth. Set aside for 5 mins.
**2** Sift the dry ingredients and a pinch of sea salt into a mixing bowl, add the plant milk mixture and whisk, using a balloon whisk, until smooth. Divide the mixture evenly between the cake tins and smooth the surface.
**3** Heat the air fryer to 160°C/300°F. Bake one after the other for 20-25 mins until springy to the touch. Cool in the tins for 10 mins, before transferring to a wire rack.
**4** For the filling, using an electric mixer on low speed, whisk together the 175g (6oz) icing sugar, vegan butter and vanilla extract until combined, then increase the speed and whisk until pale and fluffy. Whisk in the 2 tbsp finely chopped pistachios.
**5** Put one cake on a serving plate. Spread over the vegan buttercream, spreading to the edges. Then top with the second cake. Mix the remaining 50g (1¾oz) icing sugar with a few drops of water until it creates a thick drizzling consistency. Drizzle over the cake, then scatter with the 2 tbsp pistachios and the cherries. The cake will keep in an airtight container for up to a week.



# RHUBARB & CUSTARD CREAMS

*Custard powder gives these biscuits the perfect crumbly texture*

**MAKES** 10-12
**READY IN** 35 minutes, plus chilling

- **275g** (9¾oz) butter, softened
- **200g** (7oz) plain flour
- **200g** (7oz) icing sugar
- **2 tbsp** custard powder
- **50g** (1¾oz) rhubarb jam

## YOU WILL NEED

- **2** baking trays, lined with non-stick baking paper, which will fit in the fridge
- Pierced parchment air fryer liners
- **2** piping bags
- Large star nozzle

**1** For the biscuits, beat 200g (7oz) of the butter in a stand mixer until soft and silky. Sift over the flour, 50g (1¾oz) of the icing sugar and the custard powder, then mix to combine. Add 1 tbsp water to bring the mixture together, to make a soft dough. Put the nozzle into a piping bag and spoon in the dough.

**2** Pipe 4cm (1½in) rosettes, evenly spaced, onto the lined baking trays. To begin with, the dough will be quite stiff, but will get easier as it warms up.

**3** Chill the biscuits for at least 30 mins or pop them in the freezer. Heat the air fryer to 160°C/300°F. Bake the biscuits on liners in batches for 15-17 mins until golden. Leave them to cool on the liners.

**4** For the icing, beat the remaining butter, using an electric whisk attachment. Sift over the remaining icing sugar, whisking until smooth, then add 1 tbsp water and whisk until light and aerated.

**5** Wash the star nozzle, then fit it in the other piping bag and spoon the buttercream into it. Match 2 similar-sized biscuits, then pipe the icing onto the flat side of one of the biscuits and spoon 1 tsp jam on the other biscuit. Sandwich them together. Repeat using all the biscuits, then chill until set.

**COOK'S · TIP ·**
**When forced rhubarb is out of season, just use fresh raspberries to serve.**

# LEMON & RHUBARB POSSET

*Simple but delicious, these zingy possets are easy to make ahead*

**SERVES** 2
**READY IN** 30 minutes plus chilling

- **200ml** (7fl oz) double cream
- **3 tbsp** granulated sugar
- Zest ½ lemon and 2 tbsp juice
- **1 tsp** vanilla extract
- **1** ginger snap biscuit, crushed

## FOR THE RHUBARB

- **1** stick forced rhubarb, cut diagonally into 2.5cm (1in) pieces
- **1-2 tbsp** granulated sugar

## YOU WILL NEED

- **2** ramekins or serving glasses

**1** Gently heat the cream, sugar, lemon zest and vanilla in a pan over medium heat, stirring until the sugar dissolves. Bring to the boil, then reduce the heat and simmer for 3 mins. Remove from the heat and stir in the lemon juice. Cool to room temperature. Pour into the ramekins or serving glasses, then cover and chill for at least 4 hrs or overnight.

**2** Heat the air fryer to 150°C/275°F. Toss the rhubarb with the sugar. Put it into an ovenproof dish, cover with foil, and roast for 7 mins, until tender. Remove rhubarb from the dish and pour the juices into a pan. Simmer for 10 mins until syrupy. Pour over the rhubarb and set aside to cool.

**3** To serve, top each posset with rhubarb, syrup and the crushed ginger snap biscuit.

# BLACKENED BANANAS WITH ICE CREAM & COCONUT TOFFEE SAUCE

*So simple, yet ridiculously wicked and delicious. Normally the bananas are cooked over coals, but you can rustle this dish up in no time with an air fryer*

**SERVES** 4
**READY IN** 20 minutes

- **60g** (2oz) soft brown sugar
- **60g** (2oz) unsalted butter
- **100ml** (3½fl oz) coconut cream
- Pinch of ground star anise or ground mixed spice
- **4** just-ripe bananas
- Desiccated coconut, lightly toasted, to serve
- Vanilla ice cream, to serve

**1** Put the sugar, butter, coconut cream and spice in a small saucepan. Cook on a low heat until the butter is melted. Increase the heat and simmer for 2–3 mins until the sauce is thick and glossy. Cool for 10 mins.

**2** Heat the air fryer to 200°C/400°F. Put the bananas, still in their skins, into the air fryer. Cook for 10 mins, turning halfway through. Transfer to bowls, cut a slice into the peel, open out and drizzle the flesh with the coconut sauce. Serve with the toasted coconut and some vanilla ice cream.

# ALMOND MACAROONS

*These sweet almond biscuits are crisp on the outside and soft in the middle, plus they're naturally free from gluten and dairy. If you don't want so many, the recipe halves perfectly*

**MAKES** 22
**READY IN** 20 mins

- **4** free-range egg whites
- **300g** (10oz) ground almonds
- **100g** (3½oz) icing sugar, sifted, plus extra for dusting
- Zest **1** lemon
- **22** whole almonds

**YOU WILL NEED**

- **Silicone or pierced parchment air fryer liners**

**1** Heat the air fryer to 160°C/300°. Using an electric mixer, beat the egg whites until frothy. Mix in the ground almonds, icing sugar and lemon zest.

**2** Roll the mixture into 22 walnut-sized balls. You'll need to bake two batches. Arrange on the liner and flatten slightly before pressing an almond into the top of each.

**3** Bake for 12 mins or until golden. Leave to cool on the liner for a few minutes, before removing to a cooling rack. Dust with icing sugar to serve.

# JAMMY COCONUT SPONGE

*Whip up this favourite, which reminds us of school puds. Served as is, or with a generous portion of custard. You'll need to bake two tins, or simply halve the recipe*

**SERVES** 10-12
**READY IN** 50 minutes

- **250g** (9oz) butter, softened
- **250g** (9oz) golden caster sugar
- **1 tsp** vanilla extract
- **4** eggs
- **200g** (7oz) self-raising flour
- **100g** (3½oz) desiccated coconut
- **2-3 tbsp** milk, to loosen

## FOR THE TOPPING

- **200g** (7oz) raspberry or your favourite flavour of jam
- **30g** (1oz) desiccated coconut

## YOU WILL NEED

- **2x16cm** (6½in) square baking tins, the base lined with baking paper

**1** In a medium-size bowl, beat together the butter and sugar for 5 mins, or until the mixture is light and creamy. Then add the vanilla extract and briefly beat again.

**2** Add the eggs to the mixture one by one, beating well after each addition. Sift in the flour and mix until it's just incorporated. Then stir in the desiccated coconut, adding the milk as you go, to help loosen the mixture, as you will need to create a dropping consistency that falls easily from a spoon. Heat the air fryer to 170°C/325°F.

**3** Pour the mixture into the prepared baking tins and level out the top. Bake for 20-25 mins until soft and golden or until a skewer poked in the middle comes out clean. Leave to cool in the tin for 10 mins before turning out on a serving board.

**4** Gently warm the jam in a saucepan on the hob to loosen, then pour over the cake, spreading evenly to the edges. Top with a generous sprinkling of desiccated coconut.

**COOK'S TIP**

**If you don't have square baking tins which fit your air fryer, you could make two rounds using 18cm (7in) tins.**

# WARM PEACHES, LABNEH & BERRY GRANITA

*The peaches are just warmed through rather than cooked, meaning they stay fresh and light. Air-frying them brings out their natural sweetness*

**SERVES** 3
**READY IN** 30 minutes, plus freezing

- **125g** (4oz) labneh or Greek yoghurt
- **2 tbsp** maple syrup
- **3** large firm peaches, halved and stoned
- **30g** (1oz) butter, diced
- **4** amaretti biscuits, lightly crushed

### FOR THE SUMMER BERRY GRANITA

- **50g** (1¾oz) granulated sugar
- **250g** (9oz) mixed summer berries, fresh or frozen
- **1 tbsp** cassis (blackcurrant liqueur)

**1** For the granita, combine the sugar and 65ml (2½fl oz) water in a saucepan, stirring over a low heat for 2-3 mins until the sugar dissolves. Simmer for 3 mins then remove from the heat. Allow to cool completely.

**2** Mix the syrup, berries and cassis in a blender until smooth. Pass through a fine sieve into a shallow tin and freeze for 4 hrs. Break up the semi-frozen granita with a fork, then continue to do this at 30-min intervals until all the granita is just frozen.

**3** Stir the labneh/yoghurt and 1½ tbsp of the maple syrup together until smooth. Set aside.

**4** Heat the air fryer to 180°C/350°F. Put 2 pieces of foil, large enough to wrap the peaches, on a flat surface. Arrange the peaches, cut side up, in the centre. Top each peach half with a little butter and the remaining maple syrup. Draw the sides of the foil together and seal the parcel closed.

**5** Put the parcel in the air fryer and cook for about 10 mins until the peaches are warmed through.

**6** Arrange the warm peaches on plates. Top each half with the labneh and crushed amaretti. Serve with some of the granita spooned over the peaches.

# BEST BLUEBERRY CRUMBLE MUFFINS

*With juicy fresh blueberries and a tasty crumble topping, you can't beat a muffin with a coffee or at any time of day. You'll need to bake two batches, and we highly recommend silicone muffin cases for these*

**MAKES** 12
**READY IN** 40 minutes

- **300g** (10oz) plain flour
- **150g** (5oz) caster sugar
- **1 tbsp** baking powder
- **225g** (8oz) blueberries
- **2** eggs
- **150ml** (5fl oz) whole milk
- **150g** (5oz) unsalted butter, melted

## FOR THE CRUMBLE TOPPING

- **45g** (1½oz) unsalted butter, cold, cubed
- **75g** (2½oz) plain flour
- **2 tsp** cinnamon
- **2 tbsp** demerara sugar
- **1 tbsp** pumpkin seeds
- **10** pecans halves, roughly chopped or broken

## YOU WILL NEED

- **12** silicone muffin or cupcake cases

**1** For the crumble topping, using your fingertips, rub the butter into the flour. Once the mixture starts to clump, stir in the cinnamon, sugar, pumpkin seeds and pecans. Chill.

**2** For the muffins, put the flour, sugar and baking powder into a large bowl with a pinch of salt. Toss through the blueberries.

**3** Beat together the eggs, milk and melted butter. Make a well in the flour mix, then pour in the egg mixture. Stir briefly, until smooth and combined. Heat the air fryer to 200°C/400°F.

**4** Divide evenly between the muffin cases and top with the crumble. Cover with foil – the easiest way is to put the cases on a large piece of foil, then bring it together in the middle. Then you can just fold it back. Bake for 10 mins, then uncover and bake for 10 mins, or until well risen and golden.

# MALTESER SHORTBREAD

*These tasty treats add a lovely malty flavour and a chocolatey sweetness. Try not to eat them before you bake!*

**SERVES** 8-10
**READY IN** 25 minutes

- **100g** (3½oz) salted butter
- **50g** (1¾oz) golden caster sugar, plus **1 tsp** extra for sprinkling
- **150g** (5oz) plain flour
- **100g** (3½oz) Maltesers, chopped

**FOR THE TOPPING**
- **30g** (1oz) dark chocolate, melted

**YOU WILL NEED**
- **20cm** (8in) square loose-bottomed tin, greased

**1** Using an electric mixer, cream the butter and sugar until light. Add the flour and Maltesers, then mix until everything starts to clump together. Press this into the tin and smooth the top, using the back of a spoon. Prick all over with a fork and sprinkle with the extra sugar.

**2** Heat the air fryer to 170°C/325°F and cook for 15 mins until lightly golden on top.

**3** While still warm, cut in half both ways to make 4 squares, then cut in half again to make 8 triangles. Alternatively, cut into 10 fingers. Leave to cool in the tin, then drizzle over the melted chocolate and let it set before serving.

# LEMON RICOTTA CHEESECAKE

*This is a very light, citrus cheesecake, not cloying like so many. It's easy to make, too*

**SERVES** 10
**READY IN** 1 hour 10 mins, plus cooling

- **300g** (10oz) raspberries, to decorate
- Icing sugar, for dusting

## FOR THE BASE

- **150g** (5oz) digestive biscuits
- **50g** (1¾oz) butter, melted

## FOR THE FILLING

- **1kg** (2lb 2oz) ricotta cheese
- **4** lemons, zest of 4, juice of 2
- **4** medium eggs
- **125g** (4oz) lemon curd
- **75g** (2½oz) caster sugar
- **3 tbsp** cornflour

## YOU WILL NEED

- **20cm** (8in) springform cake tin, oiled

**1** For the base, whizz the biscuits to a crumb using a food processor. Mix with the melted butter and press into the base of the tin.

**2** Heat the air fryer to 150°C/275°F. Bake the base for 10 mins. Remove, then reduce the temperature to 130°C/225°F. Put all the filling ingredients into a food processor and whizz until smooth. Pour into the tin. Make a 'sling' out of folded foil to lower the cheesecake into the air fryer. This also makes it easier to remove when it's hot. Bake for 45 mins, until the cheesecake is set but has a wobble in the centre.

**3** Cool on a wire rack, running a knife around the edge to prevent cracking. Once cool, chill.

**4** When ready to serve, remove the cheesecake from the tin. Arrange the raspberries on top and dust with icing sugar. It will keep in the fridge for up to 3 days.

# GUILT-FREE CHOCOLATE SOUFFLÉ

*These still have the wow factor, with some of the calories of a classic soufflé taken out*

**MAKES** 5
**READY IN** 30 minutes

- **100ml** (3½fl oz) skimmed milk
- **2 tbsp** plain flour
- **2 tbsp** dark cocoa powder, plus **1 tsp** extra for dusting
- **15g** (½oz) cornflour, mixed with **2 tbsp** water to make a paste
- **4** medium egg whites
- **60g** (2oz) caster sugar
- **25ml** (1fl oz) chocolate sauce

**YOU WILL NEED**
- **5** ramekins, approx 125ml (4fl oz) capacity, brushed with melted butter and chilled

**1** In a small pan, whisk the milk, flour, cocoa and cornflour paste. Cook over a medium heat, stirring continuously until smooth and thickening.

**2** Using an electric mixer, whisk the egg whites until frothy. Add the sugar, 1 tbsp at a time, and continue whisking until thick and glossy. Mix a third into the cooled cocoa mixture. Then gently fold in the remainder until no streaks of white mixture remain.

**3** Divide the mixture evenly between the ramekins. Smooth the top with a knife, then run your thumb around the inside edge of the ramekin to create a groove, to help the soufflé rise.

**4** Heat the air fryer to 170°C/325°F. Bake for 10-12 mins until well risen. Dust with cocoa powder and a drizzle of chocolate sauce. Rush to the table and devour.

# FRUIT GALETTE

*This simple rustic dessert is bursting with delicious fruit for a healthy twist on indulgence*

**SERVES** 8
**READY IN** 50 minutes, plus chilling

## FOR THE PASTRY

- **110g** (3¾oz) plain flour
- **110g** (3¾oz) white spelt flour
- **100g** (3½oz) roasted hazelnuts, roughly chopped
- **125g** (4oz) butter
- **75g** (2½oz) icing sugar
- **½ tsp** ground cinnamon

## FOR THE FILLING

- **2 tbsp** cornflour
- **60g** (2oz) caster sugar
- Juice ½ lemon
- **600g** (1¼lb) mixed fruit (apples, pears, blackberries and blueberries, as you prefer)
- **2 tbsp** milk
- **1 tsp** demerara sugar
- Ice cream, to serve

## YOU WILL NEED

- Air fryer liner, "sling" from folded foil

**1** For the pastry, blitz the flours and 60g (2½oz) of the hazelnuts in a food processor until finely ground. Add the butter, icing sugar and cinnamon. Pulse until it resembles fine breadcrumbs. Add 2 tbsp water and pulse mixture to bring it together. Wrap in cling film and chill for 30 mins.

**2** For the filling, mix the cornflour and sugar in a bowl. Add the lemon juice and toss in the fruit. Set aside for 5 mins to macerate slightly.

**3** Heat the air fryer to 180°C Fan/ 350°F/Gas 6. Roll out the pastry to form a circle, about 40cm (16in) in diameter. Centre the pastry on the liner, with the foil sling beneath it.

**4** Pile the fruit into the centre, leaving a border of roughly 5cm (2in). Turn the pastry edges over to cover the fruit in a haphazard fashion. Sprinkle over the remaining 40g (1½oz) nuts. Brush the pastry with milk and sprinkle over the demerara sugar. Use the foil sling to lower the galette into the air fryer. Bake for 20 mins until golden. Serve warm with ice cream.

# DOUBLE CHOCOLATE SALTED PECAN SQUARES

*Squidgy, rich, and intensely chocolatey, these are like a jazzed up chocolate fridge cake*

**MAKES** 16
**READY IN** 1 hour 10 minutes

- **250g** (9oz) 70% cocoa solids dark chocolate
- **125g** (4oz) butter
- **100g** (3½oz) pecan halves
- **1½ tbsp** maple syrup
- Large pinch flaked sea salt
- **150g** (5oz) caster sugar
- **1** egg white
- **1 tsp** vanilla extract
- **175g** (6oz) plain flour
- **½ tsp** baking powder
- **2 tbsp** cocoa powder
- **75g** (2½oz) pitted dates, thickly sliced or chopped
- **100g** (3½oz) 40-50% cocoa solids milk chocolate, chopped into 1cm (½in) chunks

**YOU WILL NEED:**
- Small baking tray lined with baking parchment
- **20cm** (8in) square baking tin, greased and base lined

**1** Put the chocolate and butter in a lidded saucepan and place over a very low heat for 3-4 mins until the chocolate has almost melted. Set aside, covered, for 5 mins, to continue melting in the residual heat.

**2** Put the pecans in a medium non-stick frying pan and cook over a medium heat for a few mins, tossing occasionally until toasted. Add the maple syrup to the pan and stir quickly to coat. Continue stirring for a few seconds until the liquid has evaporated and you have a pan of sticky, coated nuts. Sprinkle with salt, and quickly tip onto the baking paper. Leave to cool, then roughly chop most of them in half.

**3** In a large mixing bowl, whisk the sugar, egg white and vanilla extract with an electric mixer for 4-5 mins until pale and the sugar has almost dissolved. Pour in the chocolate mix, then sift in the flour, baking powder and cocoa. Fold until smooth.

**4** Add the chopped pecans, dates and chopped chocolate chunks, and stir well. Press the mixture into the tin, using a wetted dessertspoon to help smooth it to the edges. Scatter with the remaining whole pecan halves, and an extra pinch of sea salt. Heat the air fryer to 150°C/275°F. Wrap the tin in a piece of foil, putting the tin in the centre, then bringing the edges together. This makes it easier to fold it back to uncover.

**5** Bake for 25 mins, then fold back the foil or remove it and bake for a further 15 mins, until the middle still has a light wobble under the crust. Cool completely in the tin. Chill for a few hrs to ensure an even cut.

# RASPBERRY THUMBPRINT COOKIES

*For the air fryer, you need to make a slightly deeper hole than a thumbprint, or the fan will blow off the jam! So we use the end of a wooden spoon*

**MAKES** 15
**READY IN** 40 minutes

- **200g** (7oz) plain flour
- **75g** (2½oz) ground almonds
- **½ tsp** baking powder
- **90g** (3oz) caster sugar
- **75g** (2½oz) cold butter, cubed
- **1 tsp** vanilla extract
- **50g** (1¾oz) frozen raspberries
- **1-3 tbsp** milk
- **2 tbsp** seedless raspberry jam, mixed until smooth, plus extra to serve

**YOU WILL NEED**

- Silicone or parchment perforated liners

**1** Put the flour, ground almonds, baking powder, sugar, butter, vanilla extract and a pinch of sea salt into a large mixing bowl. Rub in the butter using fingertips until you have a fine, crumb-like texture.
**2** Add the frozen raspberries and crush them, mixing into the crumbs while still frozen. Add the milk gradually until you can bring the dough together. Knead until even.
**3** Break off walnut-sized pieces of mixture, rolling each into a ball. Space out on a lined baking tray. With the end of a wooden spoon, press a dip into the middle of each cookie, then spoon ¼ tsp jam into each. Heat the air fryer to 160°C/300°F.
**4** Bake on liners in batches for 20 mins until pale golden, and the edges and surface are firm to the touch – the middle will still feel a bit cakey. Cool for 5 mins, then transfer to a wire rack to cool completely. Top with extra jam before serving.

# HAZELNUT SANDWICH COOKIES

*These wonderfully crisp and flaky biscuits can be filled with your favourite conserve*

**MAKES** Around 12
**READY IN** 30 minutes, plus chilling

- **200g** (7oz) plain flour
- **100g** (3½oz) roasted blanched hazelnuts
- **125g** (4oz) caster sugar
- **175g** (6oz) cold unsalted butter, cut into cubes
- **3 tbsp** jam – any flavour you like

## YOU WILL NEED

- **7.5cm** (3in) and 2.5cm (1in) cookie cutters
- **2** baking trays, lined with non-stick baking paper
- Solid, non-perforated parchment liners

**1** Whizz flour and hazelnuts in a food processor to a fine powder. Add sugar and butter. Whizz again until the mixture comes together to make a soft dough.
**2** Lightly knead the dough several times to bring it together, then cut it in half. Roll each piece between 2 sheets of baking paper until roughly 5mm (¼in) thick. Chill for 30 mins until firm.
**3** Heat the air fryer to 160°C/300°F. Peel away 1 sheet of baking paper and stamp out shapes from the dough using the 7.5cm (3in) cookie cutter. Cut out a window in the centre of half the biscuits using the 2.5cm (1in) cookie cutter. Bake in batches on the liners for 15 mins until firm and light golden. Leave to cool completely on the liners.
**4** Spread a little jam on the whole biscuits, then sandwich them together with a biscuit that has a window cut out. Dust with icing sugar to finish.

# LEMON & LIME DRIZZLE CAKE

*It's always a winner, with its sharp, zesty flavours and a sweet, crunchy drizzle*

**SERVES** 8
**READY IN** 1 hour

- **150g** (5oz) butter, softened
- **175g** (6oz) caster sugar
- Zest and juice **2** lemons, plus lemon slices, to decorate
- Zest and juice **1** lime, plus lime slices, to decorate
- **3** eggs, beaten
- **150g** (5oz) natural full-fat yoghurt
- **225g** (8oz) self-raising flour
- **50g** (2oz) granulated sugar
- Mint leaves, to decorate, optional

## YOU WILL NEED

- **20cm** (8in) round tin, the base lined with baking paper

**1** Cream the butter and sugar until pale, then fold in the lemon and lime zests, eggs, yoghurt and flour. Spoon into the tin, smooth to the edges. Heat the air fryer to 160°C/300°F. Bake for 40 mins until well risen and golden, and a skewer inserted in the middle comes out clean.

**2** For the drizzle, mix the lemon and lime juices. Using a cocktail stick, poke holes over the surface of the cake. Slowly pour the juice over the cake while it's still warm and in the tin. Sprinkle over the granulated sugar and set aside to soak in and cool.

**3** Once cool, turn the cake out onto a serving platter and decorate with fruit slices and mint leaves.

**COOK'S TIP**

Solid air fryer parchment liners are very useful! Here, it means you can easily lift out the cookies from the air fryer.

# MARS BAR COOKIES

*Everyone needs a great cookie recipe and using Mars Bars gives you a guaranteed gooey centre. Air fryer cookies are best open frozen, then baked from frozen when you need a cookie fix*

**MAKES** 10-12
**READY IN** 30 minutes, plus chilling

- **100g** (3½oz) lightly salted butter, softened
- **125g** (4oz) soft dark brown sugar
- **1** egg
- **175g** (6oz) self-raising flour
- **3** Mars bars, chopped roughly into quarters

## YOU WILL NEED

- Solid air fryer parchment air fryer liners (like ready-made cake tin liners)
- Baking tray lined with baking parchment

**1** Put the butter and sugar in a large bowl and beat with an electric hand mixer until pale and fluffy. Add the egg and beat again until well combined. Stir in the flour until just combined, followed by the chopped Mars bars, mixing to combine evenly.

**2** Use a dessertspoon or small ice cream scoop to shape the dough into 10-12 portions, then put on the baking tray and open freeze. Once solid, you can transfer them to freezer bags if you don't want to bake them all immediately.

**3** Heat the air fryer to 160°C/300°F. Transfer around four cookies to a solid liner. Bake for 15 mins until firm at the edges and still a bit soft in the middle. Leave to cool on the liner – they'll firm up as they cool.

# PISTACHIO & LEMON BARS

*For fans of sweet and tangy bakes, these are a joy. A gooey lemon layer tops a crisp biscuit base*

**SERVES** 16
**READY IN** 1 hour 10 minutes

- **50g** (1¾oz) pistachios
- **100g** (3½oz) caster sugar
- **75g** (2½oz) plain flour
- **50g** (1¾oz) desiccated coconut, plus 1 tbsp, to scatter over the top
- **100g** (3½oz) unsalted butter, melted
- **1 tbsp** pistachios, finely chopped

## FOR THE FILLING

- Finely grated zest of **4** lemons and **250ml** (8fl oz) juice (about 5 lemons)
- **4** medium eggs, beaten
- **250g** (9oz) caster sugar
- **45g** (1½oz) plain flour

## YOU WILL NEED:

- **20cm** (8in) square loose-bottom tin, base lined, sides brushed with oil

**1** Heat the air fryer to 160°C/300°F. Whizz the pistachios in a food processor until finely ground, then add the sugar, flour, coconut and butter, then pulse to bring together. Press into the base of the prepared tin and bake for 15 mins until lightly golden. Reduce the air fryer to 140°C/250°F.

**2** Meanwhile, whisk all the filling ingredients together in a bowl. Strain through a sieve, then carefully pour over the warm base and return to the air fryer for 30 mins, until just set. Cool in the tin then scatter over the 1 tbsp desiccated coconut and chopped pistachios before cutting into 16 squares.

# AIR FRYER
## FAMILY MEALS

**Future PLC** Quay House, The Ambury, Bath, BA1 1UA

**Editorial**
Editor **Zara Gaspar**
Designer **Madelene King**
Compiled by **Philippa Grafton & Katy Stokes**
Head of Art & Design **Greg Whitaker**
Editorial Director **Jon White**
Managing Director **Grainne McKenna**

**Contributors**
Jane Curran, Rose Fooks

**Photography**
All copyrights and trademarks are recognised and respected

**Advertising**
Media packs are available on request
Commercial Director **Clare Dove**

**International**
Head of Print Licensing **Rachel Shaw**
licensing@futurenet.com
www.futurecontenthub.com

**Circulation**
Head of Newstrade **Tim Mathers**

**Production**
Head of Production **Mark Constance**
Production Project Manager **Matthew Eglinton**
Advertising Production Manager **Joanne Crosby**
Digital Editions Controller **Jason Hudson**
Production Managers **Keely Miller, Nola Cokely,**
**Vivienne Calvert, Fran Twentyman**

Printed in the UK

**Distributed by** Marketforce – www.marketforce.co.uk
For enquiries, please email: mfcommunications@futurenet.com

**GPSR EU RP (for authorities only)**
eucomply OÜ Pärnu mnt 139b-14 11317, Tallinn, Estonia
hello@eucompliancepartner.com, +3375690241

**Air Fryer Family Meals Fifth Edition (LBZ7117)**
**© 2025 Future Publishing Limited**

We are committed to only using magazine paper which is derived from responsibly managed, certified forestry and chlorine-free manufacture. The paper in this bookazine was sourced and produced from sustainable managed forests, conforming to strict environmental and socioeconomic standards.

All contents © 2025 Future Publishing Limited or published under licence. All rights reserved. No part of this magazine may be used, stored, transmitted or reproduced in any way without the prior written permission of the publisher. Future Publishing Limited (company number 2008885) is registered in England and Wales. Registered office: Quay House, The Ambury, Bath BA1 1UA. All information contained in this publication is for information only and is, as far as we are aware, correct at the time of going to press. Future cannot accept any responsibility for errors or inaccuracies in such information. You are advised to contact manufacturers and retailers directly with regard to the price of products/services referred to in this publication. Apps and websites mentioned in this publication are not under our control. We are not responsible for their contents or any other changes or updates to them. This magazine is fully independent and not affiliated in any way with the companies mentioned herein.

FUTURE

Connectors.
Creators.
Experience
Makers.

Future plc is a public
company quoted on the
London Stock Exchange
(symbol: FUTR)
www.futureplc.com

Chief Executive Officer **Kevin Li Ying**
Non-Executive Chairman **Richard Huntingford**
Chief Financial Officer **Sharjeel Suleman**

Tel +44 (0)1225 442 244

Widely
Recycled

ipso. Regulated

90+ TASTY RECIPES & IDEAS

# AIR FRYER
## FAMILY MEALS

BREAKFAST

CAULIFLOWER & FETA HASH BROWNS WITH SMOKY BAKED BEANS

SMOKED SALMON WITH PEA & DILL FRITTERS

### BREAKFASTS

Sweet and savoury delights that will have the whole family up early

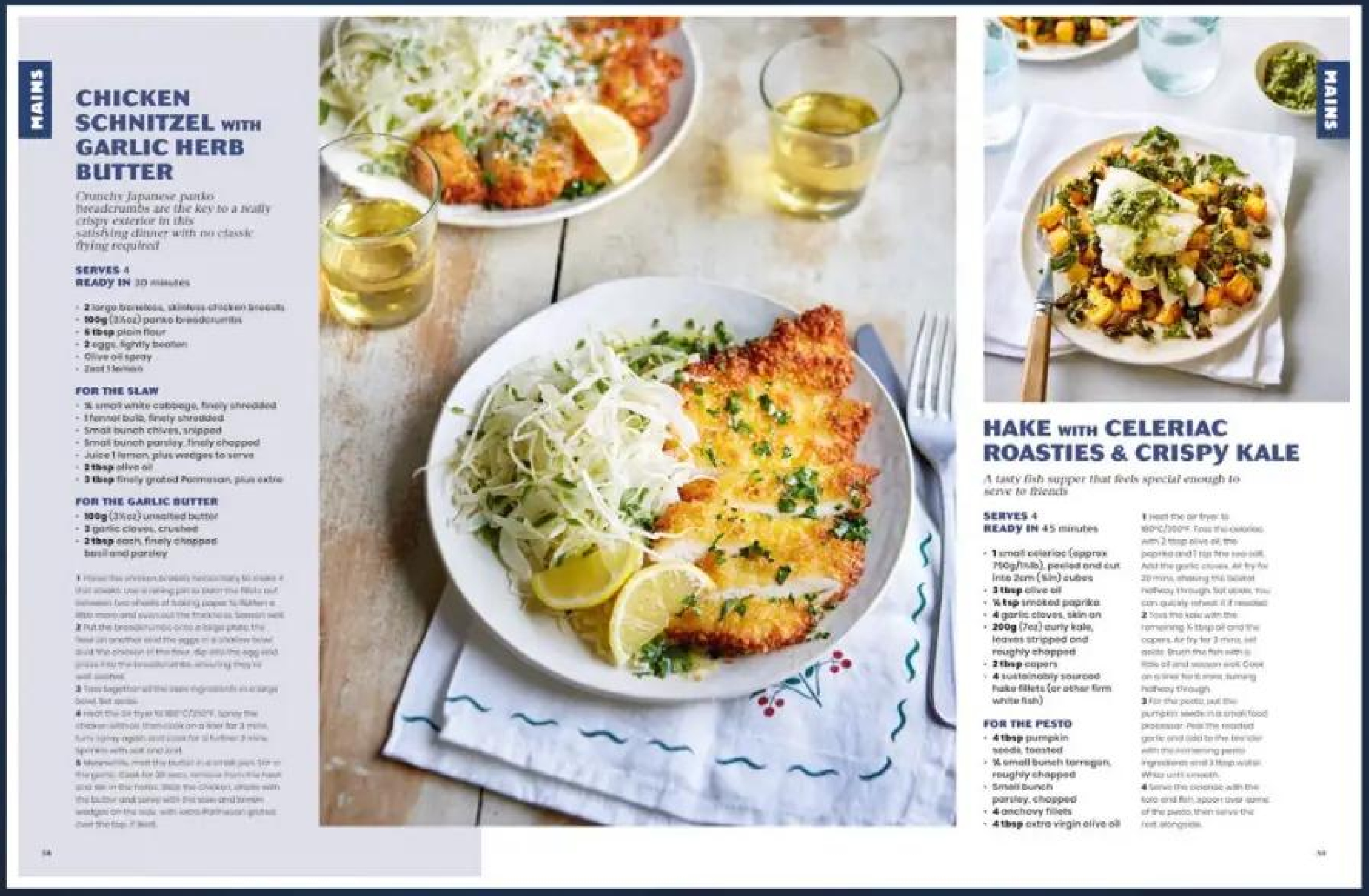
LIGHTER BITES

AUBERGINES WITH TAHINI & FATTOUSH SALAD

WINTER BRUSCHETTA

### LIGHTER BITES

Serve up soups, salads, toasties or tarts for a light lunch or snack



MAINS

CHICKEN SCHNITZEL WITH GARLIC HERB BUTTER

HAKE WITH CELERIAC ROASTIES & CRISPY KALE

### MAINS & SIDES

Favourites including fish and chips, roast chicken and garlic bread

SOMETHING SWEET

JAMMY COCONUT SPONGE

WARM PEACHES, LABNEH & BERRY GRANITA

### SWEET TREATS

Delicious cakes, biscuits and puddings for afternoon tea or dessert

BOOKAZINE